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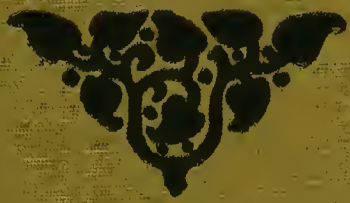

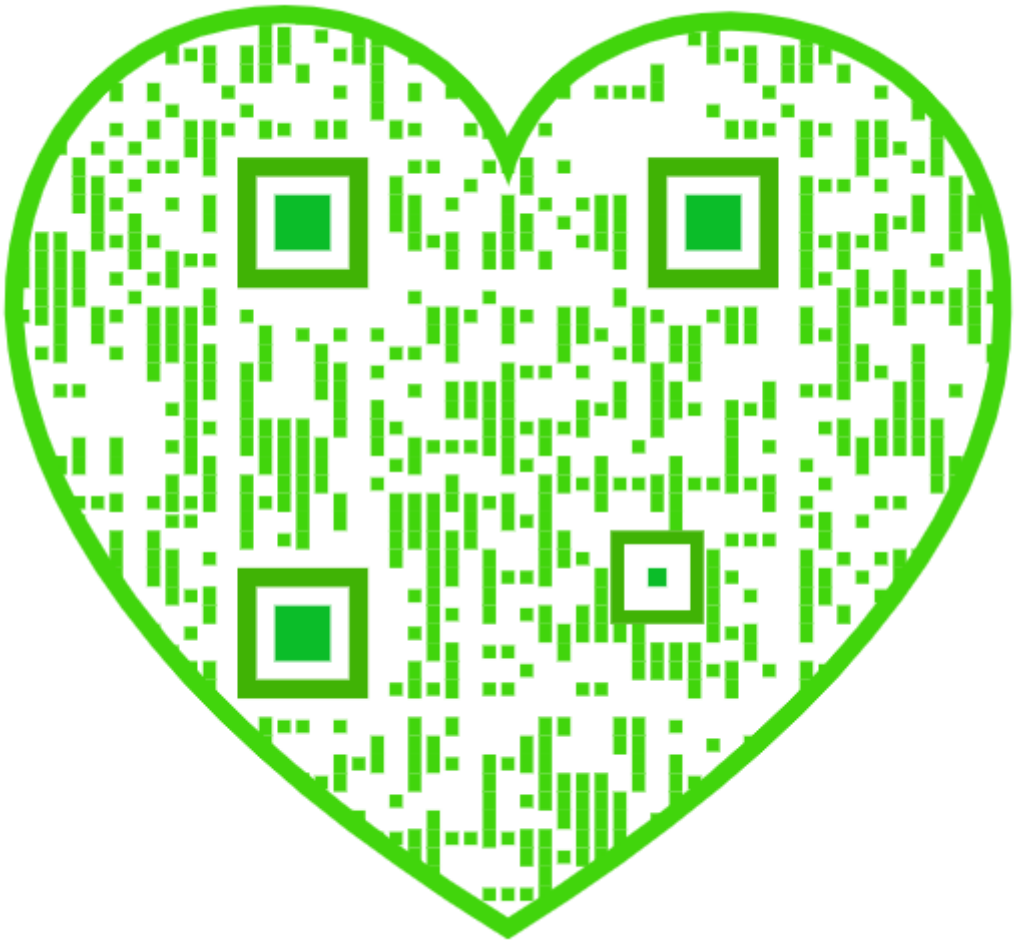

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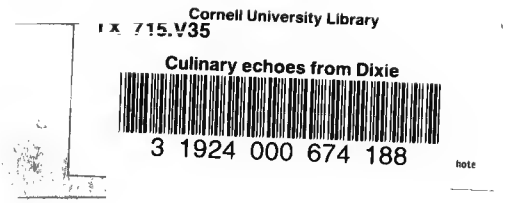
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CULINARY ECHOES FROM DIXIE

KATE BREW VAUGHN

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To

Mattie Cornelius Hall

whose helpfulness and loving trust have inspired me to my best efforts

This Book is Lovingly Dedicated

KATE BREW VAUGHN

PREFACE

This book of Southern recipes and many contributed by friends in other sections of the country, is designed to meet the demand of numberless friends whom it has been my good fortune and pleasure to teach during my tours through the United States.

It has been a great pleasure and gratification to me to see the growth of interest in cookery and household efficiency. Fifty years ago, women of refinement were prone to declare almost boastingly that they had never cooked a meal in their lives, and today we note with interest their granddaughters cooking wholesome meals without becoming degraded in the work.

These recipes have been tested and changed to meet the modern necessity for economy.

I desire to thank the many housewives all over the country for the kindness and encouragement that have spurred me on to launching in the world my "mid-channel" effort.

KATE BREW VAUGHN

PRICE $1.00

BY MAIL, POSTPAID, $1.15

CONTENTS

CHAPTER		PAGE
I.	Food	1
II.	Living on the Budget Plan	4
III.	Kitchen Conveniences	6
IV.	Soups	9
V.	Fish	18
VI.	Sauces	31
VII.	Meats	38
VIII.	Poultry and Game	54
IX.	Eggs	67
X.	Salads	74
XI.	Cheese	93
XII.	Rice	100
XIII.	Deep Fat Frying	104
XIV.	Bread	115
XV.	Pastry	139
XVI.	Cakes and Gingerbread	150
XVII.	Vegetables	160
XVIII.	Sandwiches and Rarebits	180
XIX.	Cakes	191
XX.	Icings and Fillings	209
XXI.	Puddings	215
	Sauces	222
XXII.	Desserts	226
XXIII.	Beverages	241
XXIV.	Cocktails, Canapes and Cheese Relishes	245
XXV.	Condiments	248
XXVI.	Candies	261

TABLE OF ABBREVIATIONS

t.—teaspoon.
tb.—tablespoon.
c.—cupful.
h.—hour.
qt.—quart or 4 cups.
pt.—pint or 2 cups.
oz.—ounce.
lb.—pound.

Accurate measurements are necessary to uniform success in cookery. Standard measuring cups hold one-half pint. All measurements should be heaped up and leveled off with knife or spatula. All dry ingredients should be sifted before measured and put in lightly, never packed. One-half spoon is measured by cutting lengthwise a spoon, and for one-fourth dividing that again.

3 t.=1 tb.
4 tb.=¼ c.
8 oz.=1 c.
2 gills=1 c.
2 c.=1 pt.
4 c.=1 qt.
2 c. sugar=1 lb.
2 c. butter or crisco=1 lb.
4 c. flour=1 lb.
3 c. meal=1 lb.

CHAPTER I

FOOD

Anything taken into the body to repair waste, build muscle and tissue, or give heat and energy for the performance of functions of the body, may be called food. Food is taken raw and cooked, and cookery is simply the application of heat to kill bacteria, add flavor, and aid digestion. In applying heat, it is necessary to know just what changes are necessary to perfect the special food to the individual needs.

The body is composed of about 16 different elements, as oxygen 62½%, hydrogen 10%, carbon 21½%, nitrogen 3%. Sulphur, silicon, iron, sodium, calcium, phosphorus, potassium, magnesia, fluorine, chlorine and iodine make up the remaining 3%, and these are combined in an aggregation of cells, tissues, organs, muscle, blood and bone. The cells and tissues are being constantly worn out and new ones are built up to repair this waste out of food we eat. Food is made over in the body to form bone, nerve and blood, muscle and tissue.

We divide food according to its function in the body; viz., proteins, carbohydrates, fats. Foods burn in the body by process of oxidation. Proteins contain carbon, oxygen, hydrogen, nitrogen, and sulphur; and we find these elements in meat, fish, eggs, milk, cheese, cereals, beans, peas, and lentils; and we find that proteins, water, and mineral matter build tissue and muscle and liberate heat and energy.

Carbohydrates in form of sugars and starches yield heat and energy, but add little to the body weight. Carbohydrates contain oxygen, carbon and hydrogen, and these are found in maple, cane and beet sugar, honey, molasses and preserves, starch in potatoes, cereals, rice pastes and vegetables.

Fats contain carbon, hydrogen and oxygen, and when burned in the body liberate heat and energy; this when not utilized in muscular exercise is stored in the body as adipose tissue. Nuts, oils, cream and butter produce fat.

Complete food must contain in right proportions all the elements of which the tissues and all the fluids of the body are composed. Every element represented has a special need in the body and a deficiency of any one will cause an impairment.

The foods are taken in the form of compounds; for instance, albumen is composed of carbon, hydrogen, oxygen, nitrogen, sulphur, phosphorus—and albumen enters into the structure of brain, nerves, muscles and blood. Fat, composed of oxygen, hydrogen and carbon, is found all over the body, covering the muscles, surrounding the internal organs.

Sugar, composed of carbon, hydrogen and oxygen, is found in the blood, liver and tissues. Lime, composed of calcium and oxygen, is found in the bone, blood and nerve. Salt, composed of sodium and chlorine, is found in the tissues and fluids of the body. Iron is found in the haemoglobin of the red blood corpuscles.

Food, raw or cooked, is taken into the body through the mouth and carried into the stomach and intestines, and meets within the body chemicals which convert the foods eaten into the elements required by the body.

The well balanced menu contains the elements in proper proportion for the average family, and the housekeeper must take into consideration the season of year, exercise, individual health, predominating sex, etc., in selecting food. The hearty food sufficient for a farmer's family will be out of order for the family of a banker, not because the banker can afford more expensive food, but because on account of environment, occupation, etc., they require different food.

Properly balanced meals will maintain a person in perfect health, provided sunshine, fresh air and water are plentifully supplied, and waste matter properly eliminated from the system.

Meals should supply all the body needs and satisfy hunger. They should be attractive, appetizing and planned to demand no unusual serving. Cost should be borne in mind and an average maintained. The meal consisting of a few well prepared foods, well served, is worth more than a meal of many courses badly prepared and slovenly served. In giving menus we can only speak in general terms and the suggestions may be used to prepare menus with modifications as desired.

BREAKFAST

1. Fruit, fresh preferably, but canned, dried or concentrated will answer.
2. Cereal—oatmeal, rice, grits, cream of wheat, best—can be varied by prepared breakfast foods occasionally.
3. Protein food as eggs, fish, meat. Eggs are an ideal breakfast dish, and left-over meat can be utilized as hash.
4. Bread in some form. Toast, biscuit, griddle cakes or waffles.
5. Beverage for stimulation, cocoa, coffee or tea.

LUNCH

1. Cream soup.
2. Protein food, chops, steak, macaroni and cheese, or a salad.
3. Potatoes, rice or bread
4. Beverage: tea, cocoa or milk.

DINNER

1. Clear soup, consomme or bouillon.
2. Meat or fish.
3. Potatoes or rice and one other vegetable.
4. Salad: light salad with heavy dinner and more substantial where meat course is light.
5. Dessert: when meat course is heavy, serve very light dessert.
6. Tea or coffee.

Many people find two meals sufficient for body needs, but three simple meals taken at regular intervals will be productive of good health and long life. Children easily digest and assimilate four meals a day.

CHAPTER II

LIVING ON THE BUDGET PLAN

How to get life in its best sense out of our present income, is one of the questions of today, and has transferred the center of discussion from the field of production to the field of consumption, and it is the change which involves a revolution in the attitude of economics to the functions of woman. The factory may be the seat of production, but it is not true that only there are foods and comforts produced, nor is it strictly true that man is alone the producer. The home produces wealth, the work of cook and nurse and chambermaid is production. The food is worth more prepared for table than as brought from the store, etc., but it is true that man, on a large scale, is a producer, and woman defines how wealth shall be expended.

Standard of living, and what life means to the individual, determines *success.* Every individual has his standard of decent living, good work, family pride, honesty, pleasure, etc., and it should be easy for each to define just what sort of standard we have set for ourselves. Falling below this standard, ethically or economically, may be defined as unhappiness.

Today many women are unhappy because they are dissatisfied with being unequal to the successful administration of homes. If the dissatisfied housewife will stop and take an inventory of her assets and liabilities in the way of talents and inability—revise her home and adjust her knowledge—each will find some way to happiness and content.

Economy, as applied to the home, means a plan for administration by which the resources of the home may be expended or distributed to the best advantage. It means arranging, proportioning, or expending, the family's resources of time, strength, knowledge, and money, so that the greatest possible harvest is reaped.

Whatever the conditions of a family, wherever situated, it is a fact that the successful spending of money in acquiring needs and wants, depends more upon the brains than the dollars. Poverty and riches are but relative terms. Two women may be given $50.00 each, and with this one can buy shelter

and food, while the other one will so adjust hers that with it she buys food, shelter, clothes and some of the attributes of higher life, and so she is richer than her neighbor. Standard of living will control as to how expenditures will be made.

A business man runs his factory on a sound business basis, and his accounts will quickly show the disbursement of his income, and what percent is spent for operating, advertising, etc., and when the margin of profit is unsatisfactory, a study of statistics will point to a weak place. Disbursements will be properly adjusted, and the manufacturer starts out with renewed courage.

This is just the sort of management that makes the house a successful business. To make proper divisions of income depends so largely on circumstances, that I can only deal with it in a general way.

Division of Income

Twenty-five percent for food, twenty percent for rent, fifteen percent for operating expenses, fifteen percent for clothes and twenty-five percent for higher life—education, benevolence, entertainments, and savings. If it varies too greatly in any division, that class of expenditure should be analyzed so as to find the trouble and remove the cause. Sometimes the divisions will be improper.

As the income of a family increases, a smaller percentage will be expended for food.

As the income of a family increases, the percentage of expenditure for clothing remains approximately the same.

As the income of a family increases, the percentage for shelter and fuel remains the same.

As the income increases, a constantly increasing percentage will be spent for education, health, recreation, which we group as higher life.

We find the retail cost of foods steadily rising and it has for twenty years. Our incomes do not correspondingly increase, and with this steady rise on the one side, we find more and more of this fixed amount of money has to go for food, leaving less for the balance of expenses. We have to readjust the expenditure so that we still get out of it those things which mean our better life, and still save for the day when we should rest from our labor.

CHAPTER III

KITCHEN CONVENIENCES

The successful business man has the proper equipment for factory, store and office; the successful farmer has up-to-date machinery and implements for accomplishing results with a view to saving time and labor. The dissatisfied housekeeper is usually the one who needs must spend most of her time in accomplishing her kitchen duties, leaving no time for equally important and more interesting tasks.

The illogical training of our girls in the past has made the furnishing of the kitchen the last consideration in equipping a home. With the introduction of Home Economics in our schools, has come a change, and today the housewife has all the necessary equipment in the best manner her means afford and gets satisfaction out of a systematized household.

The efficient workman has his shop arranged with a view of saving steps, and as important to the woman is a study of kitchen arrangement, relative position of kitchen machinery, viz., stove, sink, work table, cupboard and cabinet, so that as little walking as possible will be necessary in preparation of meals or cleaning up afterward.

Ideal kitchens differ with architecture of house. The best kitchens have cupboards, etc., built in so that much floor space is saved. Where this was not thought of ahead, the kitchen will require to be about 10 x 12. A large sink and hot and cold water faucets, with an adjustable draining board, that may be fastened to wall when not in use, will be found most convenient. The stove is probably the most important factor in pleasure of kitchen work. There is never any economy in buying a cheap stove; facility of heating and regulating and ease with which it is cleaned, and the convenience of ovens are the things to consider. Nickel trimmings and gingerbread work on stoves add to their cost, count for nothing in general utility and demand much care to keep them in good appearance. The ovens should be at a height that will not demand reaching or stooping.

A good fireless cooker is an economy of time and fuel. Cheaper cuts of meat foods that require long cooking will be

found possible without constant watching. The whole meal may be prepared in the cooker while the housekeeper sews or reads.

Things to Remember in Buying Cooker.

A cheap cooker is an extravagance, as poor results tend to dissatisfy the cook. A metal body cooker will assure against fire. Seamless aluminum wells wear longer and are easily kept clean. I use a thin steel radiator manufactured by the Diller Manufacturing Company of Bluffton, which heats most readily, requiring less than 10 minutes gas flame for perfect roasting heat and retaining that heat the desired length of time. These will be more popular than soapstone radiators, as less care is required to keep them in good condition. An adjustable valve for the escape of surplus steam is necessary for good baking. When not in use leave cooker open and often put the radiators in strong sunshine to air.

The work table should be strong and covered with some material that requires no great energy to keep clean. White enameled tables cost more initially but pay in the end. The tin or zinc-top table is excellent and in case it is necessary to use an ordinary oilcloth-covered table, linoleum cut to fit and securely tacked will be more economical and more satisfactory. Much backache may be attributed to the height of a work table, and a little care given to this particular is necessary. Strong casters adjusted to the work table will allow it to be moved according to desire. When well planned cupboards are lacking, the kitchen cabinet will be found indispensable. Here there is a place for everything and a few minutes taken to replace utensils in their respective places, assure the cook an easy task in preparing the next meal.

A good supply of utensils is necessary and there is no economy in cheap utensils. Aluminum and heavy white enamel are in the long run very satisfactory. Seamless mixing bowls with no sharp corners for holding batters, doughs, etc., save much time in washing. Steel wool and Ivory Soap will be found the best cleansing agencies for aluminum.

Well defined menus planned for the day, and supplies ordered early in the morning, thereby insuring a prompt delivery, mean a good start. When entering the kitchen the housewife should have a definite knowledge of the process involved and order of procedure. The first step should be regarding fire if coal or wood is used, and while the stove is

heating supplies can be taken out and placed in order. Cook according to schedule for each dish, so that there will be no confusion or waiting on a dish for any course. After a meal is served dishes should be removed, bits of food and articles of grease removed with soft paper. If the dishes are washed immediately, the dining room and kitchen put to rights, much less time will be consumed in this work.

As far as possible work by schedule, but don't worry when something unexpected interferes with the schedule. Some too conscientious housekeepers keep busy all the time, doing many unnecessary things. Decide just what must be done to make the family comfortable, and prorate the duties to the members, and duties that may be eliminated mean just that much time for rest, recreation and study for the housewife. This is most important and on it depends the successful administration of the home.

RULES FOR KITCHEN EFFICIENCY

1. Conveniently arranged kitchen.
2. Convenient utensils of best make.
3. Elimination of everything unnecessary or decorative in kitchen.
4. Well defined menus, and supplies ordered in time.
5. Preparation for meals—get out all supplies and prepare in the order of their serving (length of time for cooking taken into consideration).
6. Serving meals and washing dishes, putting to rights the dining room and kitchen without delay.
7. Eliminate every unnecessary duty.
8. Realization of importance of rest and improvement as an incentive for expedition in necessary work.

CHAPTER IV

SOUPS

Soups are divided into two classes: soups with stock, and soups without stock.

Soups made with stock have as foundation beef, veal, mutton, fish, and poultry, and are classified as:

(1) Bouillon, lean beef seasoned and strained.

(2) Consomme, with several different kinds of meats, highly seasoned, with vegetables and spices, and strained.

(3) Soup stock, made from beef, vegetables and spices.

(4) White stock soup, made from chicken, veal, or mutton, with delicate seasoning, rice or macaroni.

Cream soups, made of vegetables and white sauce combined with milk or cream.

Purees, made usually from vegetables (fish sometimes used) forced through a strainer and retained in milk or white sauce.

Bisques, made from shellfish seasoned and milk or cream added.

Clear soups are served for dinner, where they act as stimulants and expand the stomach to accommodate the full dinner.

Cream soups sometimes separate, and paste made from butter and flour is added to boiling stock or milk and is called the binder.

Stock for Bouillon

3 lbs. lean beef (shin bone)
1½ qts. cold water
6 cloves
1 bay leaf
2 c. vegetables cut in dice, turnip, onion, celery, carrot in equal portions.
Salt to taste
Few sprigs thyme

Cut meat in cubes, break bones. Brown ⅓ meat cubes in frying pan with marrow and fat. Place cubes of meat in soup kettle with cold water and let stand ½ hour, at which time add browned cubes and bring gradually to boiling point. Skim often, for short time. Cover and cook slowly for 4 hours, simmering. Add vegetables the last hour; strain and cool.

White Stock

2 lbs. knuckle veal — 1 lb. lean beef (shin will do)
3 qts. of cold water

Cut meat in cubes and break bone, cover with water, allow to stand 1 hour, simmer gently for 4 hours. Cut two stalks celery, 1 medium sized onion, blade of mace, teaspoon salt, few grains allspice and let cook slowly for ¾ hour, add to the stock and boil for hour, add several eggshells, before removing from range. Strain through double thickness cheesecloth and cool.

Consomme

3 lbs. beef from the round
1 carrot
1 turnip
1 onion
1 parsnip
1 red pepper
1 tb. whole cloves
1 tb. chopped parsley
Celery (tough outside stalks may be used)

Cover the meat with 3 quarts water and let simmer for 4 hours. Add the other ingredients (scrape the carrot) and cook 1 hour. Strain and let stand over night. Skim off the grease; clear, strain and serve.

Bouillon

4 lbs. lean beef from the middle of the round
2 lbs. bone
2 qts. cold water
½ c. of carrot, turnip, onion and celery cut in dice
1 tb. salt
4 cloves

Wipe and cut meat and bone into small pieces; add the water and heat slowly; simmer 5 hours over a low flame; add seasoning and vegetables and boil 1 hour. Boil down to 3 pints, strain.

To Clear Soup

Remove fat from stock and put amount to be cleared in a saucepan, allowing the white and shell of 1 egg to each quart. Mix egg and shell with the cool soup stock, adding more seasoning if needed; beat well and set on stove over a medium flame. Stir until hot, to keep egg from settling. Let it boil 2 minutes; then lower the flame so that it will just simmer for 10 minutes. Remove scum and strain through a double thickness of cheesecloth over a fine wire strainer. The albumen in egg and meat draws to itself the juices extracted from the meat and which have coagulated.

Potato Soup

2 potatoes (small)
1 pt. milk
1 t. chopped onion
½ t. salt
1 tb. butter
½ t. celery salt
½ tb. flour
1 stalk celery
⅛ ssp. pepper

Wash, pare and soak potatoes in cold water; put them in boiling water and cook until very soft; drain and mash; cook onion and celery in milk in double boiler; add potatoes; rub through strainer and put on to boil again; add butter and flour rubbed together; season; let boil 5 minutes and serve. If too thick add hot milk. If richer soup is desired, use 1 quart milk and add 2 beaten eggs after taking from fire.

Mock Bisque or Tomato Soup

1 can tomatoes
¼ t. soda
2 t. salt
3 tb. butter
4 tb. flour
1 qt. milk
⅓ t. pepper

Stew tomatoes until soft enough to strain; heat milk in double boiler; rub butter and flour together; add to hot milk and stir until smooth; cook 10 minutes; add seasoning and strained tomatoes, to which soda has been added; serve at once. The soda prevents the acid in the tomatoes from curdling the milk.

Cream of Tomato Soup

½ can tomatoes
1 small tb. sugar
¼ t. soda
¼ c. butter
1 qt. milk
1 slice onion
4 tb. flour
1 t. salt
1 t. pepper

Scald milk with onion; remove onion and thicken with flour mixed with cold water until smooth enough to pour. Cook 20 minutes, stirring constantly at first. Cook tomatoes and sugar 15 minutes; add soda and rub through a strainer. Combine mixtures and strain into a heated dish over butter, salt and pepper.

Corn Soup

1 can corn
1 pt. cold water
1 pt. milk
1 tb. chopped onion
2 tb. butter
2 tb. flour
1 t. salt
Few grains pepper

Chop corn, add water, heat, cooking slowly 20 minutes.

Cook the onion in the butter, remove from the fire and add flour. When thoroughly mixed add scalded milk and combine with corn. Rub through a strainer and cook 5 minutes longer.

Asparagus Soup

1 can asparagus
3 c. milk
3 tb. butter
4 tb. flour
1 t. salt
Pinch pepper

Open can of asparagus, reserve 1 cup of liquor from the can. Cut off asparagus tips and put aside, rub stems through a sieve. Heat in the double boiler the asparagus liquor and 3 cupfuls of milk, blend thoroughly 3 tablespoonfuls of butter with 4 tablespoonfuls of sifted flour, and stir in ½ cupful of cold milk. Pour heated milk gradually on blended butter and flour, return to double boiler and cook 15 minutes. Add strained asparagus and heat again. Season with 1½ teaspoonfuls Worcestershire sauce and a dash of white pepper. Lastly, add the asparagus tips and serve.

Cream of Celery Soup

3 c. milk
1 qt. celery cut in pieces
2 tb. flour
2 tb. butter
1 slice onion
1 blade mace
1 c. cream

Boil celery in a quart of water 45 minutes. Boil mace, onion and milk together. Mash the celery in the water and add it to the boiling milk. Melt butter in a saucepan; add flour slowly until it thickens; cook 3 or 4 minutes, and add to boiling soup. This method of thickening soup with flour and butter cooked together is called binding it. Season with salt and pepper. Strain, and serve immediately, adding 1 cup of whipped cream after soup is in the tureen.

Cream of Chicken Soup

Cook 2 cups chicken stock with ¼ cup chopped celery and onion for 15 minutes. Heat in double boiler 2 cups milk. Blend thoroughly 6 tablespoons butter, with 4 teaspoons flour and stir in ½ cup cold milk. Pour heated milk gradually on blended butter and flour; return to double boiler; add stock, and cook 15 minutes. Season with 1 teaspoon salt and dash white pepper. Strain, and serve.

Cream of Potato Soup

3 potatoes
2 c. milk
1 tb. flour
1 tb. butter
1 tb. salt
Speck of white pepper
1 tb. finely chopped parsley
1 tb. chopped onion

Cook potatoes until soft; heat in double boiler with onion; drain and mash potatoes; add boiling milk and seasoning to mashed potatoes; rub all through strainer, and return to double boiler. Bind with butter and flour cooked together, let boil 5 minutes, add parsley, and serve.

Bean Soup

1 pt. dried pea beans
3 qts. cold water
½ lb. salt pork cut in strips
½ medium-size onion cut fine

Soak beans over night in lukewarm water. In the morning drain and put in kettle with the cold water, salt pork, and onion. Cook over a low flame 4 hours, stirring often. Boiling water may be added at intervals if necessary, to keep soup of right consistency. Season with salt and pepper.

Pea Soup

1 c. dried split peas
6 c. water
½ t. sugar
1 tb. butter
1 tb. flour
Salt and pepper

Soak the peas over night. Drain, and put them on to boil in the cold water over a low flame, letting them simmer until they soften and dissolve. Add water as it boils away, to keep 3 pints of liquid in the kettle. Scrape from sides of kettle when necessary. Rub through a strainer and put on to boil again. Bind with butter and flour. Add salt and pepper; let it simmer 10 minutes, and serve.

Chicken Soup

6 c. of the stock in which a fowl has been boiled
½ carrot cut in dice
1 sliced onion
½ bay leaf
¼ t. peppercorns
1⅓ c. hot boiled rice
Salt
2 stalks celery cut fine

Add seasoning to stock, heat gradually to boiling point, and boil ½ hour. Strain, and add rice. A tablespoon of lean, uncooked ham is sometimes added to the seasoning. When ham is used, omit salt.

Oyster Bisque

Half pint celery chopped fine, boil slowly in 1 pint water ½ hour. Half pint soup oysters, boil briskly 10 minutes in own liquor, then chop very fine. Add to celery in 1 quart sweet milk.

Rub 2 tablespoons butter and 2 of flour together, add the above mixture, season with salt and white pepper, boil 20 minutes. Strain or run through ricer, serve with whipped cream in cups.

Oyster Stew

Put on in double boiler 3 pints of rich milk and let simmer until it reaches boil; add 2 tablespoons of butter, rubbed with 1 teaspoon flour; add to boiling milk together with pepper and salt to taste, also 3 whole allspice; drain liquor of 1 quart of oysters into milk; let simmer for 5 minutes; add the whole oysters and when they curl, pour soup into tureen in which 1 cup of rich cream is added.

Bisque of Oysters

Oysters
1 tb. butter
1 t. flour
Dash white pepper
1 qt. milk
1 tb. flour
½ t. salt
Dash paprika
1 t. chopped parsley

Drain, rinse and chop the oysters; put into saucepan and bring to boiling point; remove the scum. Put the milk in top of double boiler; add the salt, pepper, paprika and butter and flour rubbed together; boil 3 minutes, add parsley and oysters and serve at once. Do not add the oysters until ready to serve.

Clam Bisque

25 large clams in shells (alive)
1 c. milk or cream
2 tb. butter
2 tb. allspice
2 tb. flour
Yolk of 1 egg

Wash clams thoroughly; put in kettle with 1 pint boiling water and cook until shells open. Remove the clams and separate the dark part from the soft part and discard it. Chop clams fine and add them to the water in which they were cooked. Boil until thick and well cooked; then add allspice. Heat the milk. When ready to serve, pour milk into clam broth; add the well beaten egg yolks and a dash of red pepper, and strain.

Crab Soup

4 c. milk
3 tb. butter
2 tb. flour
1 t. minced parsley
1 doz. crabs
1 tb. grated onions
1 t. salt
1/8 t. cayenne
Pepper

Cook onion and butter until onion is tender, add flour, salt and pepper and rub to a paste, which should be blended with ½ cup cold milk. Put 3½ cups milk in kettle and allow to reach boiling point, add the minced crabs and boil in double boiler for 10 minutes. Add the binder (flour, butter and milk) 5 minutes before serving.

Mushroom Soup

1 pt. can mushrooms
4 tb. butter
½ c. milk
1/8 t. cayenne
1 c. chicken stock
4 tb. flour
1 t. salt
1 c. cream

Open can of mushrooms, reserve 1 cup liquor, and cut up mushrooms with a silver knife. Put mushrooms and liquor in double boiler with chicken stock and simmer for 20 minutes. Blend thoroughly butter with flour and stir in milk. Pour part of hot stock gradually on blended oil and flour, return to double boiler and cook 15 minutes. Season with salt and pepper. Lastly, stir in the cream.

Onion Soup

4 large onions
2½ c. milk
2 tb. flour
1/8 t. pepper
2 c. onion liquor
4 tb. butter
1½ t. salt
1 egg

Peel and slice onions. Scald and drain. Cover with cold water and simmer till soft. Mash through a coarse sieve. Heat again the liquor and milk. Blend thoroughly butter with flour and stir in ½ cup milk. Pour heated milk gradually on blended butter and flour; return to double boiler and cook 15 minutes. Season with salt and pepper. Beat 1 egg, and stir in quickly when ready to serve.

Genuine Yankee Clam Chowder

Two tablespoonfuls crisco put in kettle; add 1 large onion cut very thin; saute 5 minutes; 1 quart of boiling water; 2

medium-size potatoes cut in cubes; cook until potatoes are done; add 12 clams chopped fine and juice; boil 5 minutes slowly; add 2 teaspoonfuls salt; 1 saltspoon pepper; thicken with 3 tablespoons of flour—moisten with water to smooth paste. Serve with oysterettes, cube bread or croutons if preferred. If a more delicate chowder is wanted take out 1 cup water, using 1 cup milk instead; if preferred thickening can be omitted.

Sago Soup

Wash 3 ounces of sago in boiling water and add it gradually to 2 quarts of nearly boiling stock, with seasoning to taste. Simmer for ½ hour, when it should be well dissolved. Beat up the yolks of 3 eggs, add them to ½ pint of milk or cream, stir quickly into the soup and serve immediately. Do not let the soup boil after the eggs are put into it or it will curdle.

Macaroni Soup

Three pounds of beef put into 4 quarts of water, with 1 large onion, 1 carrot, 1 turnip and a head of celery and boiled 3 or 4 hours slowly. Next day take off the grease and pour into the soup kettle, season to taste with salt, and add a pint of macaroni broken into small pieces and 2 tablespoonfuls of tomato catsup. Half to ¾ hour will be long enough to boil the second day.

Shrimp Gumbo

1 can shrimp
1 onion
1 slice ham
1 pod garlic
2 t. salt
1 3-lb. can okra
1 2-lb. can tomatoes
1 tb. crisco
25 drops tabasco sauce
1 sprig thyme

Chop very fine the shrimp, okra, onion, ham and garlic; mix thoroughly, get pot very hot, fry the mixture in the crisco 6 minutes and add the tomatoes and 1 gallon of water; boil slowly about 2 hours, serve with boiled rice.

Chicken Gumbo Soup (New Orleans)

1 tender chicken cut in small pieces
2 slices of ham cut small
4 tb. butter
1 onion
1 bay leaf
1 stick cinnamon
3 whole cloves
½ can tomatoes
2 qts. water
1 qt. oyster liquor
12 oysters
2 doz. pods okra

Melt butter in soup kettle and when hot put in chicken and ham sprinkled over with flour. When chicken is tender

add onion and spice and cover and cook until onions are done. Add to the ingredients the water, oyster liquor and okra cut in thin slices, season with salt, pepper and celery salt and simmer for 1½ to 2 hours. Just before serving add tomatoes and oysters, stir well and serve with steamed rice. The rice should be prepared separately, placing in each plate large spoonful of rice before serving the soup.

CHAPTER V

FISH

Fish, with the exception of salmon, mackerel, and eels, will be found very easily digested, giving to brain workers and those of sedentary habits proteins in easily digested forms, and in many parts of our country, it is more economical than meat. Fish is less nutritious and stimulating than meat. Fish has often been called brain food, not because it contains large portions of phosphorus, an element found abundantly in nerve tissue, but because of the ease with which it is digested.

Boiling and baking are the best methods to employ in cooking fish. Fish if lacking in fat may be fried or boiled. Before purchasing, examine the fish. The eyes and gills should be bright and the flesh firm. Fish should never be put in a refrigerator, as the strong odor contaminates delicate foods. When it is necessary to store in a general refrigerator, place in a covered pail.

How to Bake Fish

Have a good-sized whitefish well cleaned, stuff and sew up the opening; brush over with butter and dredge with flour, sprinkle with salt and pepper, place around the fish slices of pork and lay in a baking pan with a little water. Allow 15 minutes to the pound and baste frequently. Serve with sauce and garnish with lemon and parsley.

How to Broil Fish

Always have a tin sheet for lifting and turning broiled fish. Before broiling rub with salt and pepper, and then grease with crisco. Lay the fish on the gridiron, well greased, and lay the tin sheet over it. When you wish to turn, take the gridiron from the fire, holding the tin sheet on the fish. Hold them together, then lay them on a table with the tin sheet down and the gridiron uppermost. Carefully raise the gridiron, leaving the fish lying unbroken on the tin sheet. It is easy now to slide the fish back on the gridiron, put it again on the fire and brown the other side, putting the tin sheet back on top of it. When done lay it on a dish and pour over it melted butter, in which have been stirred pepper, salt and minced parsley.

Fillet of Trout

Wipe each piece of fish with a damp cloth, then coat with beaten eggs (diluted with water) and seasoned bread crumbs. Place in frying basket and cook in deep crisco. Slices of other fish may be cooked in the same way to perfection.

Fried Halibut

For frying, the fish should be a little over ½ inch thick. Wash, dry well, dip first in flour which has been seasoned, then in egg, and then in bread crumbs or cracker dust, which must also be salted. Fry in deep hot crisco 20 minutes. This kind of fish can be served hot or cold.

Baked Haddock

About 4 pounds is a good size to bake. Clean fish, sprinkle with salt, stuff and stew. Cut four or five slits each side the backbone and insert narrow strips of fat salt pork. Place in pan, sprinkle with a few grains of pepper, brush over with melted butter, dredge with flour, and place around fish small bits of pork. Bake 1 hour in a medium oven, basting every 10 minutes. In case fish seems to bake too fast, lower the flame. Serve with drawn butter or hollandaise sauce.

Baked Bluefish

Bake as haddock, omitting to insert pork in back. Baste with ½ cup butter melted with ⅔ cup water.

Baked Mackerel

Remove head and tail. Split fish. Put in buttered pans, sprinkle with salt and pepper, dot with butter and pour over with ⅔ cup milk. Bake 25 minutes in a medium oven.

Baked Halibut with Tomato Sauce

Put 2 pounds cleaned fish in baking pan, pour around it half the tomato sauce and bake 35 minutes, basting often. Use medium oven. Remove to a hot platter, pour around remaining sauce and garnish with parsley.

Baked Halibut

2 lbs. halibut	2 tb. flour
1 c. tomatoes	¾ t. salt
2 tb. butter	⅛ t. pepper

Clean fish, season with salt and pepper, dredge with flour,

place in pan, pour over tomatoes, and dot with butter. Bake in a moderate oven, basting often.

Planked Fish

When using a gas range, one is enabled to serve planked shad or whitefish, delicacies which only the possessors of gas ranges can indulge in.

Have a piece of hardwood (oak or hickory) about 1½ inches thick and as large as your broiling oven will accommodate, made expressly for planking. Have both sides planed very smooth so that it may be easily cleaned.

Prepare the fish by splitting down the back and cleaning carefully. About 10 minutes before it is needed place the plank in the heated broiling oven; when well heated through remove and place the fish upon it, skin-side down. Sprinkle with salt and pepper, and baste lightly with melted butter and lemon juice.

Run the plank into the broiling oven so that the fish will come about 6 inches from the flame, which should be a moderate one. Allow it to remain until a nice brown and tender, which usually requires from 15 to 20 minutes. Watch carefully, and if there seems danger of scorching, reduce the flame or move the tray one slide lower down.

When done (which may be ascertained with a silver fork), remove from the oven, baste again with melted butter, garnish with lemon and parsley. Arrange the plank on a tray and send at once to the table. Never use any soap or alkali in cleaning the plank, which should be carefully covered when not in use, to prevent dust from settling on it.

Creamed Baked Fish

3 lbs. fish boiled and shredded	2 c. milk
1 tb. grated onion	2 tb. flour
1 small can mushrooms	1 tb. minced parsley
Salt and pepper to taste	2 tb. sherry

Make a white sauce, add onions, parsley and seasoning, add wine, and pour over fish in baking dish, cover it with bread crumbs and brown in oven. Cold baked fish left over will do.

Bluefish, Havanaise

Bake bluefish on baking sheet for 10 minutes. Prepare 6 minced shallots or 1 Spanish onion, 12 minced fresh mushrooms, fry all in crisco 2 minutes, then moisten with ½ pint

sauterne, add 4 peeled fresh tomatoes cut in quarters, a dash of tabasco sauce. Let cook 10 minutes, pour over bluefish, and let all bake 10 minutes, and serve.

Any kind of fish may be prepared in same way.

Halibut a la Poulette

Take 2 pounds of halibut, arrange in fillets, freeing from skin and bone, then cut into narrow strips, season with salt, pepper and lemon juice; cut 2 onions in slices and lay on the fillets, then set away for ½ hour. At the end of this time have ready ⅓ cupful melted crisco. Dip the fillets in this, roll, skewer into shape and dredge with flour. Arrange in a criscoed casserole or baking dish and bake 20 minutes in a moderate oven. Serve with white sauce and 2 hard-boiled eggs sliced for a garnish.

Salmon Mold

One can salmon, pour the oil in a cup. Take out skin and large bones, rub salmon until smooth and add:

2 tb. crisco
½ c. rolled crackers
3 well beaten eggs
½ t. each of pepper and salt

Put into an oiled pan and steam 1 hour.

Sauce

1 c. sweet milk
1 tb. flour
Add 1 beaten egg and pour at once on salmon loaf

Add salmon oil and boil until thick. Garnish with parsley.

Salmon Balls

1 c. flaked salmon
1 c. hot mashed potatoes
½ t. salt
¼ t. pepper
1 t. lemon juice
1 egg

Beat together, form in balls. Fry in deep crisco, hot enough to turn a crumb of bread a golden brown in 40 seconds.

Salmon Pudding

2 cans firm salmon, drained and flaked
1½ tb. butter
½ tb. flour
½ c. sweet milk
1½ t. salt
¼ t. pepper
½ t. onion juice
2 eggs

Season the fish with salt, pepper and onion juice; melt the butter; add the flour; cook a few minutes, then stir in slowly

the milk; when well thickened add the flaked fish; take from fire, add beaten eggs and mix well; press into well criscoed ring molds, cover with oil paper, set mold in water and bake ½ hour.

Fried Brook Trout

Clean the fish, leaving on the heads and tails. Sprinkle with salt and pepper, then dip in flour, egg and crumbs. Fry in hot crisco for about 4 minutes. Arrange on a platter and garnish.

Norwegian Fish Cakes

Cut a fresh salmon in two parts, long way of the fish. Lay one-half on the table, skinny side down. Take out all bones. Take a knife and scrape off all the fish, leaving only the skin. Place in pan and beat in sweet milk until it is like a stiff batter. Season with salt, pepper and nutmeg. Fry by the spoonful in hot crisco.

Salt Codfish

Cut codfish in 2-inch squares, soak them 18 hours, changing the water three times. Fry in 1 tablespoon crisco 2 chopped onions, 2 green peppers, also 2 sweet Spanish peppers, moisten with ½ bottle of white wine, add soaked codfish, also as much raw potatoes, a little water and a good dash of tabasco sauce. Let simmer ½ hour.

Codfish Balls

2 c. mashed potatoes
1½ c. shredded codfish
1 tb. butter, melted
⅛ tb. pepper
1 egg

Put codfish in wire strainer, let cold water run through and squeeze dry. Mix the hot, unseasoned codfish with potatoes. To this add the melted butter, beaten egg and pepper. Beat well. Shape in balls and fry in deep crisco until a golden brown color.

Frog Legs

Wash the frog legs, cover with boiling water and let stand 5 minutes, drain and dry. Dust with salt and pepper, dip in egg, roll in cracker crumbs and fry in deep fat. Serve with tomato sauce.

Tripe with Soft Clams

Cut some well cooked white tripe in 1-inch squares. Mince 4 onions, fry them slowly in butter, add the tripe and some freshly opened clams, season with salt and let them simmer together for 10 minutes, then add some thick cream sauce and mix carefully. Finish with small pieces of butter and chopped parsley.

Fish Salad

1 2-lb. fish
½ pt. olive oil
4 lemons
2 t. tabasco sauce
Lemons and red and green pepper for decorations
2 tb. onions, chopped fine

Boil fish till done; remove all meat from bones; return the bones to the water used to boil the fish; add a little onion, salt and tabasco sauce to this water, and boil water down to ½ pint; strain off clear; flake the fish. Add to half of your sauce a teaspoonful of tabasco sauce; pour it over the fish you have just flaked, and set away to get cold. Add the balance of the oil to the onions, which must be rubbed to a paste, together with a teaspoon of chili and the juice of 3 lemons; salt to taste. Work it until it becomes a smooth sauce and mix into the cold fish; pour over all the ½ pint of the fish stock. Wet your fish mold and decorate with thin slices of lemon and red and green peppers; carefully put in the fish and set on the ice to jelly. Is better for being allowed to stand over night. Serve with lettuce or water-cress.

Flaked Baked Fish

1 4-lb. fish
¼ lb. butter
1 tb. flour
1 pt. milk
Yolks of 3 eggs
½ nutmeg
Salt to taste
½ t. kitchen bouquet

Put fish in boiling water and boil till done; remove and allow to cool; flake it and set it aside; boil down the water that you boiled the fish in to ½ pint; rub the flour into the butter and add to the ½ pint of fish stock 1 pint of milk; make it boiling hot and pour into the butter and flour, mixing it thoroughly; let it boil for 2 or 3 minutes; take from the fire and let stand for 2 or 3 minutes while you are separating the yolks of the eggs. Add the eggs gradually, then nutmeg and salt, and lastly cover the bottom of your baking dish with a layer of the sauce, then a layer of the fish, another layer of

the sauce and a layer of the fish, finishing with the sauce; cover it with the bread crumbs, and bake for 20 minutes in a hot oven.

Hardshell Crabs

Fry 2 finely chopped onions in butter, sprinkle over a little flour, fry for 5 minutes and moisten with milk, season with salt, tabasco sauce, and nutmeg. Add the crab meat and half of its quantity of rice boiled in water, fill the crab shells with the above preparation, dredge over with bread crumbs, and brown in hot oven.

Creamed Shad Roe

Two shad roes simmered for 10 minutes in boiling water, drain this off and let stand in cold water 10 minutes, drain and set aside. Separate yolk and whites of 4 eggs hard-boiled. Chop whites and rub yolks through sieve. Make a white sauce of 1 cup milk, 1 tablespoon butter, 1 tablespoon flour, pepper and salt to taste. Rub the shad roes to a paste with a fork. Stir the roe into half the white sauce, and put to steam over hot water for 10 minutes until thoroughly seasoned. Pour the balance of sauce over the whites of eggs. Put the roe mixture in pudding dish and pour over the white of egg mixture, cover with yolks of eggs. Cover closely and bake for 10 or 15 minutes in hot oven. Can be baked in individual casseroles.

Fish Sausage

Remove skin and bone of any firm fish, such as cod, turbot or brill, and mince flesh fine. Stew an onion in some butter until tender and then pound it in a mortar with 4 ounces of butter, adding a little at a time. Soak 6 ounces of bread crumbs in milk, squeeze dry and add it to the onion mixture. Season the mixture to taste and mix in 2 well beaten eggs. Last of all, put in the minced fish and mix all well together; shape into sausage and fry to a golden brown.

Lobster a la Newburg

Mince 1½ cups lobster meat, rub 1 tablespoon butter and flour together, yolks of 2 eggs, ½ teaspoon salt, pinch cayenne, and pinch nutmeg. Heat 1 cup rich milk, add the butter and flour, cook in double boiler until flour is cooked, add minced lobster and 2 tablespoons sherry wine; serve hot. Can be made in chafing dish.

Fish Pudding

Boil 2 pounds fish in clear water till done. Shred or break into small pieces, free of skin and bone. Make cream sauce of:

1 c. sweet milk	1 tb. flour
1 tb. crisco	1 t. salt
	¼ t. onion juice

When thick add the flaked fish. Stir well and when taken from the fire, add 2 well beaten eggs, mix thoroughly. Press in a criscoed mold, cover with greased paper, set mold in warm water, bake in an oven ½ hour. Serve with cream sauce, potato balls and chopped parsley.

Curried Clams

Place in a granite saucepan a tablespoonful of butter or crisco, gradually adding the same quantity of flour and 2 scant cupfuls rich milk.

When the sauce boils, stir in ¼ teaspoonful of curry powder moistened in a little cold water, a pinch each of salt and celery salt and 1 chopped hard-boiled egg. Meanwhile cook in their own liquor until the edges curl—no longer—the soft portions of a pint of clams; then drain and pour over them the curry sauce. Serve very hot, surrounded with a border of boiled rice, and garnish with crisp celery.

Steamed Clams

Scrub the shells thoroughly and arrange in a steamer. Stand over a kettle of boiling water. Let the water continue to boil for 15 or 20 minutes until the shells open. Lift out the clams, saving the liquor that has filled the shells, and straining it through a piece of cheesecloth. Pull off the skin around the clams, and with the fish shears nip off the black end.

Reheat the liquor, but do not allow it to boil. When ready to serve, pour into as many small cups as you have individuals to serve. Add to each a bit of butter and a dusting of paprika or white pepper.

Stand the cup in the center of a large soup plate and arrange the clams around it, 5 or 6 to each plate. Garnish with a little parsley and lemon.

The clams may then be removed from the shells, dipped in the liquor and eaten with brown-bread-and-butter sandwiches. The clams and liquor must be very hot.

Clams, Philadelphia Style

Take 2 dozen medium-sized clams, poach them in their own juice with as much water; as soon as they are firm, drain them off. Fry 2 finely cut-up shallots in butter, beat them with a little sherry and brandy, add the clams and juice, season with a little salt and dash of tabasco sauce. Just when ready to serve, thicken gravy with 2 egg yolks beaten up with ½ pint cream. Beat without letting boil and serve in chafing dish.

Poached Clams

Drain a quart of large clams and remove the hard muscular ends or strings; now butter the desired number of baking shells, arranging in each about 6 of the prepared clams; sprinkle with salt and paprika, adding a little minced parsley, and about 2 tablespoonfuls of clam juice to each shell with a few drops of lemon juice. Cover with a layer of browned bread crumbs, dusting with grated nutmeg, and dot thickly with bits of butter. Bake in a quick oven about 15 minutes. Serve accompanied with small cress sandwiches.

Panned Clams with Green Peppers

Boil until tender 2 medium-sized green peppers from which the seeds have been removed, and place in a chopping bowl with a dozen and a half little-neck clams; chop rather coarsely and place in a granite saucepan, pouring in ½ cup of the clam liquor, 1 tablespoonful of tomato catsup, a pinch of salt and ground mace and a tablespoonful melted butter. Simmer slowly to a thick, rich puree and serve on rounds of hot buttered toast, garnish with small stuffed olives and parsley.

Clam Chowder

Prepare a quarter of a pound of chopped pork, fat, a small bunch of parsley, chopped not too fine, 4 ounces of chopped onions, 2 quarts potatoes cut in ½-inch squares, 2 quarts of clams retaining all the juice possible, 1 quart of tomatoes cut in ½-inch squares. Put fat pork into saucepan; when fried add onions; let same fry 2 minutes; add potatoes, the clams chopped up, also the juice of same and the tomatoes; let cook 30 minutes, add spoonful of thyme leaves, a good dash of

tabasco sauce, and serve. Same recipe to be applied for fish chowder. Boil codfish in water, remove bones and use stock of same.

Stuffed Clams

Fry 2 ounces of chopped onions in 2 ounces of butter, add 2 spoonfuls of flour, stir well, then add liquor from 10 raw clams. Skim off the foam arising, let cook for 10 minutes, season with tabasco sauce and nutmeg. Chop up the raw clams and set them into prepared sauce; when the clams are poached, add chopped parsley and thicken with egg yolks and cream. Lay this preparation aside. Fill the clam shell, dust over with bread crumbs, and color nicely in oven. Serve on folded napkins, garnish with parsley branches.

Shad Roe Balls

One large pair of roes; boil these 15 minutes; mash them; add ½ cup of fine, soft bread crumbs, 2 tablespoons melted butter, salt, paprika, and a beaten egg; mold into balls; crumb, egg and crumb them and cook in deep fat; drain and serve, piled up in a pyramid on hot dish. For the sauce take heaping tablespoonful of grated horseradish; if the bottled variety squeeze dry. To this add a cup of stiffly beaten cream, a little salt and half teaspoonful of sugar.

Jambalaya

One and one-half cupfuls of dry boiled rice; a slice ham cut into small pieces; 1 finely cut large pork sausage; ½ teapoon of chili powder; 1½ dozen oysters; ½ teaspoonful salt; 1 tablespoonful butter. Put oysters in a dry, hot skillet to draw the water from them, take out and drain, fry the sausages and ham in butter, stir in rice, salt and chili powder; then add oysters. This is a famous Creole dish.

Creole Oysters

Cook 1 pint oysters in liquor until plump, drain and reserve 1½ cups of liquor, 3 tablespoonfuls butter, 1 tablespoonful flour rubbed together, add oyster liquor, 1 cup of stewed strained tomatoes, few cloves, bay leaf, ½ teaspoonful grated

onion, 1 tablespoonful grated celery, salt, pepper and a few drops tabasco sauce. Pour oysters into hot sauce and let stand in double boiler until seasoned through. Serve on toast.

Creamed Oysters

25 oysters
1 pt. cream
1 tb. butter
1 tb. flour
Pinch mace
Salt and pepper to taste

Boil oysters in their own liquor, drain. Make sauce of flour and butter rubbed together and add to boiling cream, seasoned. Let sauce boil until flour is cooked. Pour over oysters and serve at once.

Oyster Salad

Boil 1 quart oysters in own liquor until they plump and curl at edges, drain and cool. Mix with them 1 quart celery, cut fine, season with salt and pepper. Mix well, tossing with a silver fork. Pour over the whole salad dressing and garnish with celery tips.

Oyster Cocktail

Place 4 or 5 small fresh oysters in tall punch glasses, add a dash of cayenne pepper to each glass, a few drops of lemon juice, Worcestershire sauce and a little grated horse-radish. Then fill each glass up with tomato catsup. To be appetizing these should be well chilled before using. Put in cold or shave ice on top.

Scalloped Oysters

1 pt. oysters
2 tb. milk
3 c. bread crumbs
¼ c. crisco, melted
Salt
Pepper

Mix bread crumbs with crisco. Grease a baking dish with crisco, put a layer of crumbs, cover with oysters, and sprinkle with salt and pepper. Repeat and cover top with crumbs. Bake 30 minutes in hot oven.

Oysters

Blanch some large oysters, drain them after the first boil, keep the liquor; boil some vinegar with cloves, whole pepper, whole allspice—½ ounce of each for every quart of vinegar—add a little mace. Put two-thirds of the oyster liquor with one-third of the vinegar, adding the oysters.

Oysters a la Boucicault

Butter a deep dish, pour in some oysters in their own liquor, season with salt and pepper, tomato catsup and tabasco sauce. Dot over a few bits of butter and set the dish in a hot oven. Serve as soon as the oysters are poached.

Fried Oysters

Choose selected oysters and dry between towels. Roll in cracker crumbs, seasoned with salt and pepper, then in beaten egg and then in crumbs again. Fry in deep crisco until a golden brown. For frying oysters the crisco should be hot enough to turn a crumb of bread a golden brown in 20 seconds. Drain on paper.

Oyster Cocktail

2 c. vinegar
1 c. tomato sauce
1 c. Worcestershire sauce
Salt and pepper to taste

This is enough sauce for ½ gallon oysters, which should be small. Half fill glasses with oysters, add pinch grated horseradish, pour sauce over them. Garnish with slices of lemon and curly parsley or cress.

Fricassee of Oysters

Put 1 quart, or 25 oysters, on fire in their own liquor. When it begins to boil turn into a hot dish through colander.

Put in saucepan 2 tablespoons of butter, 1 tablespoon sifted flour, let it cook a minute, stirring well, then add, mixing well, a cup of the liquor. Take from the fire and mix in the yolks of 2 eggs, a little salt and very little cayenne pepper, 1 tablespoon lemon juice and grating of nutmeg. Beat well, then return to fire to set the eggs without allowing to boil. Then mix the oysters with this mixture. These oysters may be served on thin slices of toast or in patty pans.

Roasted Oysters

Buy oysters in the shell. Wash and put the shells into a baking pan or on top of the stove. Heat till the shells part. Open and sprinkle with salt and pepper. Serve in the shell.

Baked Oysters

Wash the oysters and arrange on toast or on crackers in a baking pan. Bake till the gills curl and pour over them the following sauce:

2 tb. melted butter
1 t. lemon juice
Few drops tabasco
¼ t. chopped parsley
Dash of pepper

Heat the butter and add the other ingredients.

CHAPTER VI

SAUCES

Cheese Sauce

1 tb. crisco
1½ tb. flour
Small piece of chopped onion
Little parsley, finely chopped
1 c. milk
¼ c. grated cheese

Melt crisco and add flour, then onion. Let cook a few minutes, then add the milk. Cook until it boils, then add the cheese. Stir until cheese melts, add chopped parsley. Good for cauliflower or similar vegetables.

Creole Sauce

One can tomatoes seasoned with salt, red pepper, 6 cloves and 2 bay leaves; cook until soft and strain; melt 2 tablespoons crisco and cook in it 1 Spanish onion chopped fine; add 1 tablespoon flour, the strained tomato juice and 2 green peppers chopped fine; cool until thick.

Bread Sauce

To 1½ cups of rich milk, add 1 cup of soft bread crumbs and ½ onion in which 3 cloves have been pressed. Let cook in a double boiler about an hour, stirring it occasionally. Remove the onion, add 1 or 2 tablespoons of butter, a scant ½ teaspoonful, each, of salt and pepper, and beat well.

Maitre d' Hotel Butter

(For broiled fish, steak or chops)

Beat ¼ cup butter to a cream; beat in a teaspoonful of salt, a dash of pepper and, very slowly, a tablespoonful of lemon juice. The heat of the broiled article will melt the butter. For a change add a tablespoonful of fine-chopped parsley with the seasoning.

Curry Sauce

1 tb. chopped onion
1 tb. butter
1 tb. flour
1 t. curry powder
1 c. boiling water
½ t. salt
1 tb. lemon juice

Cook the onion in the butter until it is slightly browned;

add the curry powder and flour and mix thoroughly. Add the water gradually; bring to a boil; add salt and lemon juice; strain and serve.

Tartare Sauce

½ c. mayonnaise dressing
½ tb. capers
½ tb. chopped olives
½ tb. chopped pickle

Chop the capers, olives and pickle very fine and add them to the dressing. Serve with fried fish or cold meat dishes.

Tomato Cheese Cream

2 small tomatoes or ½ c. pulp
1½ t. tarragon vinegar
4 tb. cheese
½ t. French mustard

Cook a few minutes, add salt, paprika to taste and ½ cup cream, just before serving.

Tomato Sauce

Make a plain cream sauce and just before serving add a cup of hot cooked tomatoes, strained. Add a pinch of soda to the tomatoes before mixing them.

Tomato Sauce

½ can tomatoes, or 2 or 3 fresh tomatoes
1 slice chopped onion
Sugar if desired
2 t. crisco
1 tb. flour
¼ t. salt
½ t. pepper
Bit of bay leaf

Cook tomatoes, onion and bay leaf until soft and strain through a sieve. Melt crisco, add flour and strained tomatoes. Stir in seasonings, and cook until thick.

Tomato Sauce

1 c. strained tomato juice
½ t. onion juice
2 tb. butter
¼ t. salt
⅛ t. pepper
2 tb. flour

Rub together 2 tablespoonfuls butter and 2 tablespoonfuls flour, add to tomato juice, season, and let simmer in double boiler for 5 minutes.

Brown Sauce

1 tb. crisco
2 tb. flour
1 c. stock
½ t. salt
¼ t. pepper

Melt crisco in saucepan, add flour, and cook till a nut-brown color. Stir in stock and boil for 3 minutes. Season to taste. Mushrooms may be added.

Creole Sauce

2 tb. chopped onion
4 tb. chopped green pepper
1 t. salt
1 c. tomato sauce
2 tomatoes
6 olives
2 tb. melted crisco
Pepper to taste

Cook onion and pepper with the crisco for 5 minutes. Add the tomatoes and olives and cook 2 minutes. Then add the cup tomato sauce. Stir well and allow to stand a few minutes on the range before serving.

Chili Gravy

This may be made of any brown or meat gravy by adding to each ½ pint of gravy, 1 teaspoonful of chili powder, stirring thoroughly and cooking for 10 minutes. This makes a very rich sauce for fried eggs, cooked rice, baked beans, etc.

Anchovy Sauce

3 anchovies
1 tb. butter
½ tb. flour
½ tb. catsup
Dash red pepper
½ c. boiling water
1 tb. lemon juice

Bone the anchovies and pound them to a paste. Melt the butter; stir in the flour and when smooth add the anchovies, pepper and catsup. Mix well; pour the hot water over all; boil 2 minutes, stirring constantly; add the lemon juice and serve with boiled or baked fish.

Mushroom Sauce

6 mushrooms
½ tb. butter
Salt and red pepper
Juice ½ lemon
1 tb. mushroom catsup
¼ c. stock
½ t. flour

Clean the mushrooms; cut them into small pieces; put them in a saucepan with the butter, salt and pepper, lemon

juice and catsup; stew until tender; add the stock and the flour mixed with a little cold water; bring all to a boil and serve with beefsteak or game.

Caper Sauce

1 tb. butter
1 tb. flour
1 c. meat broth
1 t. onion juice
½ t. salt
Dash pepper
1 tb. capers

Melt the butter; add the flour, then the broth and seasoning, stirring to prevent lumps. When it boils, add the capers; stand over hot water for 10 minutes and serve.

Cheese Sauce for Rice

1½ c. milk
¾ t. salt
1½ c. grated cheese
1½ tb. flour
2 tb. butter
Cayenne pepper

Stir the flour and the salt smoothly into ½ cupful of milk; heat the remaining milk carefully to the boiling point, preferably in a small frying pan. Add the butter. Thicken with the flour mixture. Let all boil together for 2 minutes, and then set aside the pan to cool slightly while grating the cheese. Add the cheese, and bring slowly to boiling, stir constantly. Season highly with cayenne or white pepper, and serve hot.

Sardine Mayonnaise

To 1 cup of mayonnaise dressing, made in the usual manner, beat in 2 tablespoonfuls of sardine paste (sardines pressed through a sieve) and 1 tablespoonful of pimento puree (pimentos pressed through a sieve). This dressing is also good with hard-cooked eggs.

Egg Sauce

Melt 3 tablespoonfuls of butter, add 3 tablespoonfuls of flour and stir until well blended; then pour on gradually, while stirring constantly, 1½ cupfuls of hot water. Bring to the boiling point and add ½ teaspoonful salt, ⅛ teaspoonful pepper, the yolks of 2 eggs, slightly beaten, 1 teaspoonful of lemon juice and 3 tablespoonfuls butter, little at a time.

Caramel for Coloring

Cook ½ cup sugar, stirring constantly, over a quick fire until it liquefies; add ½ cup boiling water and let boil until the caramel is dissolved. Store in a glass jar.

Hollandaise Sauce

One-half cup butter; divide in 3 pieces; put 1 piece in double boiler with yolks of 2 eggs; tablespoonful lemon juice; stir constantly until butter melts; add second piece, as sauce thickens pour in third piece, which has been allowed to melt; add gradually ⅓ cup boiling water; cook 1 minute; season with cayenne, salt and black pepper. If allowed to remain one second too long, mixture will separate. When cold 1 tablespoonful whipped cream will be found an addition. Some like ¼ cup grated horse-radish added or flavored with anchovy essence or chopped parsley. Lobster, salmon, mutton, etc., may have hollandaise sauce served on them.

Plain Tomato Sauce with Chili

Thoroughly mix ½ to 2 tablespoonfuls of sifted flour with a like quantity of crisco and cook for 3 or 4 minutes, stirring briskly; then add 2 cupfuls of strained tomatoes, season with salt and pepper and a few drops of lemon juice and from 1 to 3 teaspoonfuls of chili powder, and cook from 15 to 20 minutes until done. If desired a little sugar may be added to this.

Stuffing for Fish

¼ loaf of bread
1½ t. of salt
¼ t. pepper
1 tb. chopped parsley
2 tb. chopped onions
2 egg yolks
3 tb. melted crisco

Oyster Stuffing

1 c. cracker crumbs
¼ c. melted butter
2 t. salt
1½ t. lemon juice
1 c. oysters
½ tb. chopped parsley
⅛ t. pepper

Mix seasoning and butter with crumbs. Remove tough parts of oysters; add soft parts to the mixture, moistening with 2 tablespoons oyster liquor.

Stuffing for Baked Fish

1 c. bread and cracker crumbs
¼ c. melted butter
¼ c. hot water
¼ t. salt
⅛ t. pepper
Onion juice

Mix ingredients, using only a few drops of onion juice.

Tartare Sauce

Put into a soup-plate a tablespoonful of chopped parsley, a teaspoonful each of chopped capers, home-made mustard (dry mustard mixed with cold water to required thickness) and minced onion, and ½ pint of boiled dressing; mix well and serve with all kinds of fried fish, meat croquettes, fried oysters, scallops, etc.

Hungarian Sauce

Add to 3 tablespoonfuls of mayonnaise, ½ teaspoonful of sweet chili pepper or Hungarian paprika, a small cucumber pickle chopped fine, and a scant teaspoonful of grated horse-radish. Mix and serve with cold roast veal, or cold or hot fresh pork.

Italian Sauce

One teaspoon of anchovy paste (or 3 salt anchovies pounded to a paste), 1 teaspoonful of French or German mustard, 3 tablespoonfuls of boiled dressing, 2 tablespoonfuls of vinegar from the pickled onion bottle; mix well, serve with herring salad or mixed fish and vegetable salads.

Sauces for Baked or Boiled Fish

2 c. tomatoes
1 c. water
1 slice onion
Cloves
3 tb. butter
3 tb. flour
½ tb. sugar
Salt and pepper

Cook tomatoes, water, onion, 3 cloves and sugar together 20 minutes. Melt butter, add flour and stir into the mixture. Add ¾ teaspoon salt and a dash of pepper; cook 10 minutes and strain.

Drawn Butter

⅓ c. butter
3 tb. flour
½ t. salt
⅛ t. pepper
1½ c. hot water

Melt half the butter; add flour mixed with seasoning and then hot water gradually. Boil 5 minutes and add remaining butter in small pieces.

Egg Sauce

Add 2 hard boiled eggs cut in slices to drawn butter, or add the beaten yolks of 2 eggs and a little lemon juice to drawn butter.

CHAPTER VII

MEATS

Meat is one of the most important articles of diet, and of all meats beef is the most nutritious. It is composed of fibrin, albumen, gelatin, fat, mineral salts and water. It is necessary to know something of the divisions of a side of beef, and to apply proper methods of cooking to attain good results from different cuts. The expensive cuts come from that part of beef where muscles are little used and, therefore, we find meat fine grained and tender. These cuts require less time for cooking.

Best beef is secured from cattle 4 or 5 years old, and flesh should be firm, fine grained, bright red, or with goodly quantity of fat. Cold storage beef, or that which has hung 4 or 5 weeks, is best. Remove meat as soon as delivered, wipe with clean, damp cloth, wrap loosely in oil paper and place in refrigerator. Never wash meat. To do so withdraws the juices.

In soup making, cover the meat with cold water and allow to heat gradually, simmering for a long time till the meat is left tasteless. Cheaper cuts, flank, round, rump, ribs, brisket and neck, are equally rich in nutriment, but require long, slow cooking to render them digestible and bring out the flavor. Roasting and broiling methods that develop a fine and distinctive flavor can be applied to expensive or tender cuts. Liver, heart and kidneys are of close texture and very difficult to digest. Tripe, or the lining of the first stomach, is easily digested, but on account of the large amount of fat not desirable.

Boiled meat is prepared by placing it in boiling water and allowing to boil for 5 minutes; the juices on the outer surface are quickly coagulated and the inner juices prevented from escaping. The temperature is reduced and held at simmering point: this preserves flavor and nutriment.

Broiled steaks should be cut at least 1 inch in thickness and may be cut 2 inches; the steak should be wiped with damp cloth, and trimmed of bone and skin. Porterhouse and sirloins are tender and full of flavor, but they are expensive on account of loss of bone, fat, etc.

Broiled Steak and Chops

Sirloin, porterhouse, cross-cut of rump and top of the round are all good cuts of steak. The steak should be cut at least one inch thick. Wipe with a cloth wrung out of cold water, and remove superfluous fat. Place steak, or chops, on grill of broiler. Use highest flame. Remove steak to a hot platter, spread with butter, and sprinkle with salt and pepper. Have broiler oven well heated, turn often. Season after cooked.

Start lamb or mutton chops the same way; then lower the flame and finish cooking. Season chops with salt and pepper after serving.

The time required for broiling steak, chops, etc., varies from 17 to 25 minutes, according to the thickness of the meat.

Roast Beef

For roasting the best cuts are top or middle of sirloin, back of rump or first three ribs. Wipe meat, put on a rack in dripping pan, skin side down, in a very hot oven without salt or water; let it remain until seared, then reduce heat. Season meat with salt, dredge meat with flour and return it to oven. When flour in pan is browned, reduce heat, baste every 10 minutes with the fat in the pan. If necessary, a small quantity of water may be added. When about cooked, turn meat over and dredge with flour for final browning.

Roast Beef Gravy

Remove all but 3 tablespoons of fat from the pan. Place over flame and add 3 tablespoons flour, stirring until well browned. Add gradually 1½ cups boiling water, cook 5 minutes, season with salt and pepper, and strain.

Pot Roast I

Melt in a hot frying pan a tablespoon crisco; while very hot put in roast and brown it on all sides by rolling it over in the pan. Do not insert a fork, as that will cause juices to escape. Put browned meat in a kettle, preferably an iron pot, which has been heated; put water in frying kettle to obtain any juice which may have escaped, and pour over the meat. Cover closely and place over flame until boiling point is reached; then simmer and cook slowly 3 hours, turning meat occasionally. Keep about 1 cup of water under meat, and 15 minutes before removing from kettle, sprinkle over the meat a little flour and salt. Remove meat and thicken gravy. Browned

potatoes may be served with a pot roast. Boil either white or sweet potatoes until nearly done, roll in flour and place in gravy in the kettle after meat has been removed; when well browned, remove them and place them in a hot oven while the gravy is being thickened.

Pot Roast II

Wipe the meat with a damp cloth and put into an iron pot with a little fat. Place over a moderate heat and brown slowly, turning it frequently; this will take about 20 minutes. When the roast is well browned, season with salt and pepper, put in 1 cupful of boiling water, cover closely, and set the pot back where the meat will cook slowly. As the water evaporates add a little more, ½ cupful at a time. Allow 25 minutes to each pound. Take up the meat, and add a small quantity of water to the juices in the pot. Thicken the gravy with a little flour stirred to a thin paste with a little water, and serve in a gravy boat.

Beef en Casserole

1½ lbs. beef
1 tb. finely cut onion
¼ tb. white pepper
1 tb. finely chopped parsley
1 small carrot, cut fine
1 tb. cut celery
1 tb. flour
Dash paprika
1 t. salt

Purchase chuck or any other cheap piece of meat. Wipe with a wet cloth and cut into small pieces, or let remain whole (that is a matter of choice). Put the meat into a casserole with the onion, celery, carrot, salt, pepper, and paprika; add 2 cups of boiling water and bake in a hot oven 2 hours, adding water if necessary. Put the meat in the center of platter. Mix the flour with a little cold water, and add to the gravy. Boil 5 minutes. If it is not brown enough add 1 tablespoon of caramel. Pour the gravy over the meat and vegetables and sprinkle with the chopped parsley. Garnish with sprigs of parsley

Hamburger Steak with Tomato Sauce and Rice Border

1 lb. round steak, chopped
1 t. salt
¼ t. pepper
½ c. bread crumbs
1 tb. chopped parsley

Mix all well together, then form into flat cakes. Brush pan with drippings and bake in hot oven. Serve on platter, with tomato sauce and the boiled rice border.

Tomato Sauce

Put 1 cup of tomatoes, strained, into saucepan and add 1 teaspoonful cornstarch wet with a little cold water and boil 3 minutes.

Boiled Rice

Boil 1 cup of rice which has been washed through several waters in 4 quarts of boiling water for 30 minutes. Blanch with boiling water and place on platter in the oven for a few minutes.

Beef a la Mode

Have a round of beef (about 3 lbs.) well larded with salt pork. (Beef in this style should preferably be cooked in an iron saucepan.) Put in saucepan 2 or 3 slices of fat salt pork and try out well. Sprinkle surface of meat with flour, add 8 small onions and brown together in the fat in the saucepan. Pour over 1 pint of water and add a bouquet of parsley, thyme and bay leaf and 2 cloves. Allow meat to simmer over a low flame 2 hours, adding water when necessary. Add 8 small carrots and 1 small turnip cut in slices and cook 1½ hours longer or until meat and vegetables are done. A few minutes before meat is done, pour over 1 small wineglass of sherry or madeira wine.

Larding meat is inserting narrow strips of fat salt pork into the surface.

Braised Flank of Steak in Cooker

1 flank steak, or
1 lb. top round cut ½ in. thick
1 onion sliced
1 c. hot water
½ c. carrot cubes

Dressing made as follows:

1 c. soft bread crumbs
2 t. melted crisco
2 t. parsley, chopped fine
2 t. celery, chopped
½ t. salt
Sprinkle of pepper
½ t. onion juice, or 1 small onion, chopped

Trim edges of steak if necessary. Sprinkle with salt and pepper. Spread dressing over steak evenly, roll and tie securely. Sear in frying pan with crisco. Place on bed of carrots and onions with hot water in the kettle of the cooker. Heat both stones 15 minutes. Leave in cooker 2 or 3 hours. Serve with brown sauce made from drippings in the kettle.

Round Steak with Yorkshire Pudding

Put a (round or rump) steak cut quite thick into your roaster about 20 minutes before serving dinner, and when in the oven about 5 minutes, pour in the following Yorkshire pudding:

2 eggs, beat well
½ t. salt
1 c. of milk, beat again, then add 2 c. of flour sifted with 2 t. baking powder

Mix all together, not too thin. When the steak has been in the oven 5 minutes pour the batter all over it. Cook 15 minutes and you will have a very tender and tasty steak and a pudding that will melt in your mouth.

Fillet of Beef

Select a short fillet of beef weighing 3 pounds and remove with a sharp knife every muscle, ligament, and all tough skin. If necessary, skewer into round shape. Lard with strips of fat salt pork 2 inches long and ½ inch thick. Dredge well with salt, pepper and flour, and put without water in a small pan. Bake in hot oven about 30 minutes, first boiler of oven, then on upper grate. Serve with hollandaise or tomato sauce.

Hash Croquettes

1 c. cold roast beef or rare steak, chopped fine
1 t. minced onion
1 t. Worcestershire sauce
Salt and pepper to taste
2 tb. bread crumbs
1 tb. melted crisco or drippings
1 egg

Shape like croquettes, dip in egg and finally in crumbs. Fry in deep crisco hot enough to brown a crumb of bread in 40 seconds, drain and serve with tomato sauce.

Tamale Loaf

Steam 3 pounds of lean meat until tender; put with 1 small onion and 1 can tomatoes through food chopper (not too fine), straining the liquor from the tomatoes into the liquor from meat first. Strain broth and add meat, etc.; season highly with salt, cayenne, chili pepper and place all together in large granite kettle. When boiling well slowly stir in yellow cornmeal until stiff as mush for frying, allowing it to cook well. Pour into two small pans, previously wet with cold water. If desired, add 1 cup chopped olives before molding.

Meat Cakes

Pass ½ pound of round steak through meat chopper. Take as much of left-over pieces of bread, pour water over them, squeeze it out, crumble finely and mix with meat, using a fork. Season with salt, pepper and very little grated onion. Dip hands into cold water and shape mixture into small cakes. Fry brown in hot fat.

Broiled Bacon

Select fat bacon and keep in refrigerator until just before cooking. Lay the slices in a toaster and broil quickly under gas flame until each side is crisp. Drain on soft paper and serve at once, with eggs, creamed potatoes, canned tomatoes, baked bananas or meats.

Baked Ham

Scrape and wash ham as clean as possible; if possible soak over night. Put on in kettle of cold water enough to cover, in which 1 teaspoonful soda has been dissolved. Let simmer for an hour. Pour off water and replace fresh boiling water and add 2 tablespoonfuls good vinegar. Prick with a fork occasionally, simmering the second hour. Skin and place in covered baking pan. Sear in diamond shape top of ham and sprinkle spices and brown sugar. Pour 1 pint of sherry wine in baking pan over the ham and cover pan. Baste from time to time. The ham should bake about 1½ hours to 2 hours. Let brown last 10 minutes. This is delicious.

Blanketed Ham

Boil ham as above and when ready to bake make a soft dough of flour, salt, little sugar and water. Rub the ham over with mixture of vinegar, molasses, and a little mustard, using ½ cup vinegar, 1 tablespoonful molasses, ½ teaspoonful mustard. Cover with the dough and bake slowly for 2 hours.

Newport Hash

Run left-over meat through grinder, add salt, pepper and a little minced onion and parsley, add enough tomato catsup to flavor, fill baking dish with layer of meat, then cold sliced potatoes, alternately. Dot the top with bits of butter and cracker crumbs. Bake in moderate oven 20 minutes.

Planked Steak

Treat plank 24 hours ahead of time. Broil steak on one side and attach to plank with wire tacks and broil in gas range 10 minutes to each pound of meat. Garnish with potato roses, peas and asparagus.

Broiled Steak

Select thick, fat steak, trim edges and remove bone, if large. Skewer into shape, have broiler very hot and sear the surface of the meat quickly. Finish broiling more slowly, allowing about 10 minutes for steak an inch thick. Place on warm platter, pour over part of fat, season, garnish and serve. A mushroom sauce may be served with the steak.

Scrambled Brains

2 sets of calves' brains
1 tb. butter
3 eggs
½ c. cream

Remove skin and membrane and cleanse thoroughly. Put 1 tablespoonful butter in frying pan and let bubble. Cook brains and when hot through add the cream and let boil, mashing with fork. When cooked, add eggs well beaten, pepper and salt. Stir as scrambled eggs and serve immediately.

Lamb Chops (Broiled)

Put 1 tablespoonful crisco in frying pan and broil lamb chops (from which all fat has been trimmed) until brown on both sides. Season with salt and pepper, garnish with sliced lemon and parsley.

Lamb Chops (Fried)

Trim chops and dip in beaten egg, season, roll in bread crumbs and fry in deep fat. Garnish with lettuce hearts.

Baked Stuffed Heart

1 beef heart, or 2 calves' hearts
2 c. bread crumbs
1 tb. chopped parsley
½ tb. crisco or drippings
Salt and pepper to taste

Carefully remove all membranes and veins from the inside of the heart, and let it stand on its base in salted water for ½ hour to draw out the blood. Then wipe it dry and stuff it.

Add to the bread-crumbs with the parsley, salt, pepper and 2 tablespoonfuls water. Stuff the heart tight and tie a bread crust across the top to keep in the stuffing. Baste often with fat and bake in a moderate oven. Calves' hearts will require 1½ hours and a beef heart 2 hours. Make a gravy with the drippings in the pan. This is good either hot or cold.

Swiss Steak

Round steak is used for this dish and should be cut 2 inches thick. For a slice weighing 2 pounds use ½ cup of flour, mixed well with salt and pepper, and pound the flour well into the meat with a wooden potato masher. Heat ¼ cup of meat fat and brown the meat on each side; add a cup of sliced onions, simmer for 10 minutes and then add about 3 cups of boiling water. Cook 10 minutes and place in fireless cooker for 2 hours. Serve with potatoes cut into quarters lengthwise, boiled, rolled in melted butter and covered with minced parsley.

Beef Tongue

Wash a fresh tongue, cover with boiling water and cook gently over simmering burner about 1½ hours. Remove all skin and unsightly portions and place in casserole with a cupful of sliced carrots, also minced onion, celery and parsley. Add stock enough to cover the vegetables, season well and place in a moderate oven. Remove cover of casserole after an hour's cooking and allow ½ hour to brown slightly. Make a brown sauce to serve with the tongue, to which add 2 tablespoons each of vinegar and chopped pickle.

Roast Lamb

Select firm meat, well surrounded with fat, and wipe surface with a damp cloth. Heat gas oven full 10 minutes before using, then place meat under flame, and turn occasionally until each side is crisped. Season lightly, reduce heat and baste every 15 minutes with the fat in the pan. Allow 1½ hours for a 5-pound roast, cooked medium.

Barbecued Ham

Cut canned lunch ham into smooth slices. Put into a saucepan a generous tablespoonful of butter, and, when this is melted, lay the sliced ham in it. Leave until the meat is

smoking hot, and beginning to get crisp. Transfer to a heated platter and keep hot while you add to the grease in the pan 2 tablespoonfuls of vinegar, a teaspoonful of sugar, ½ teaspoonful of French mustard, a dash of paprika and last of all 2 tablespoonfuls of sherry. Stir to the boiling point, pour over the fried ham and serve.

Veal Chops en Casserole

Wipe 6 veal chops very carefully, to remove bits of bone if present; roll in flour and saute in hot fat until nicely browned on both sides. Remove to a casserole. Heat 1 cup of broth or water, ½ cup of tomato puree and macaroni to the boiling point and pour over the chops. Add also ½ teaspoonful, each, of salt and pepper. Have ready ½ dozen onions cooked ½ hour and rinsed in cold water; dry these on a cloth and let brown in a little crisco melted in the frying pan; add these to the casserole, cover and let cook very gently about an hour.

Tongue Braised

Boil a fresh beef tongue slowly for 2 hours, then skin it and put it in a casserole; melt 3 tablespoonfuls of butter; add 3 heaping tablespoonfuls of flour and brown; add 1 pint of water in which the tongue was cooked and 1 pint of stewed and strained tomatoes; beat until smooth and thick; add ½ carrot and 1 onion chopped fine, ½ tablespoon of Worcestershire sauce, 1 saltspoonful of pepper; pour over tongue, cover and simmer in the oven for 2 hours. Serve on platter with sauce strained and poured over it.

Pressed Veal

Put 4 pounds of veal in a pot, cover with water, stew slowly till meat drops from bones, chop fine, let liquor boil down to a cupful, put in ½ cup crisco or drippings, mix with meat, tablespoonful pepper, pinch of allspice and 1 beaten egg. Stir well through meat, pour liquor over, stir, put in mold, press. Slice thin when cold.

Veal Cutlets

Use slices of veal ½ inch thick. Boil slowly until tender. Toward end of boiling add small amount of salt to season. Cut veal in pieces, dredge in flour, seasoned with salt and pepper.

Dip in egg, then roll in crumbs. Fry in deep crisco hot enough to turn a crumb of bread a golden brown in 40 seconds. Drain on paper. Serve hot with sauce.

Veal Cutlets

Trim cutlets and dip in slightly beaten egg, then roll in bread crumbs, seasoned with pepper and salt. Fry in deep crisco hot enough to turn a crumb of bread a golden brown in 60 seconds. Drain on paper.

Veal Souffle

Melt ⅓ cupful of crisco, add ⅓ cupful of flour and stir until well blended; then pour on gradually 2 cupfuls of scalded milk. Bring to the boiling point and add ½ cupful of stale bread crumbs, 1 teaspoon of salt and ⅛ teaspoon of pepper, and let simmer 2 minutes. Remove from fire and add 2 cupfuls of cold cooked veal, finely chopped, 1 tablespoon of finely chopped parsley and the yolks of 3 eggs, beaten until thick and lemon-colored; then cut and fold in the whites of 3 eggs, beaten until stiff and dry. Turn into buttered individual molds set in a pan of hot water or a buttered pudding dish, cover with buttered paper, and bake in a slow oven until firm. Remove from molds, garnish and pour around a white mushroom sauce.

Veal Loaf

2 lbs. veal ground in meat chopper
2 oz. pork
1 t. minced onion
1 t. salt
½ t. ground cloves
Pinch sage
¼ c. crisco or dripping
2 eggs
1 c. bread crumbs

Add crisco to chopped meat; season with spices; add bread crumbs and put together with well beaten eggs. Place into well criscoed pan; steam for 2 hours. If open oven is used, place the pan containing the veal loaf in larger vessel containing 1 cupful of water, to prevent crust being formed. Bake 1 hour. Serve on platter garnished with water-cress and tomato sauce.

Veal Loaf

Three pounds of chopped veal, ½ pound of pork, 1 tablespoonful of pepper and 1 of salt, 8 tablespoonfuls rolled crackers, 6 tablespoonfuls of cream, butter size of an egg, 2 eggs, press hard in a pudding dish, bake 2 hours, slice thin and serve cold.

Roast Veal

The fillet makes an especially nice roast. Have the bones removed and stuff. Tie carefully in shape; season highly with salt and pepper, dredge with flour and lay slices of pork on top. Scatter a little flour over the bottom of the pan and cook over a medium flame without adding water, until this flour has browned. Then add a little water and baste often. Place a buttered paper over it when it is sufficiently browned. Allow ½ hour to a pound, as veal must be well done to be wholesome.

Veal Cutlets a la Mode

Take 7 veal cutlets, sprinkle juice of ½ lemon. Put in pan on top of stove with a tablespoonful of crisco. Sprinkle with salt and pepper, 2 stalks of celery, 1 stick of summer savory, 1 bay leaf, 1 small onion. Set on back of stove with ½ cup of cold water, cover tightly and let simmer for 2½ hours.

Dressing

Two cups of cracker crumbs to 1 of bread crumbs. Salt and pepper to taste.

Boston Brown Hash

Chop any remains of steaks, roast or stews very fine. Grease a deep pie-dish. Put a layer of mashed potatoes (cold ones, left over, will answer) in the bottom of the dish, then a layer of meat, then a layer of stale bread crumbs; sprinkle with salt and pepper, a bit of butter; moisten with ½ cup of beef gravy, then another layer of potatoes. Dip a knife into milk and smooth the top. Bake in a moderate oven until brown. Serve hot.

Veal Toast

Into a saucepan put 1 cupful of chopped veal, a cup of hot water, a piece of butter the size of a walnut, ½ teaspoonful of salt and a pinch of pepper. Let boil up once and serve on slices of buttered toast.

Braised Shoulder of Lamb

Bone a shoulder of lamb, leave knuckle and fill cavity with a stuffing. Place in a deep pan. Cook 5 minutes in ½ cup

butter a slice of onion, carrot and turnip cut in small pieces, ½ bay leaf, a sprig of thyme and one of parsley. Add 3 cups hot water, salt and 12 peppercorns; pour over lamb. Cover closely and cook in medium oven for 2 hours, uncovering for the last ½ hour. Remove to hot platter. Strain liquid in pan and thicken with 4 tablespoons flour browned with 3 tablespoons butter. There should be 1¾ cups of the sauce.

Croquettes

Cook ½ tablespoonful of finely chopped onion, in 2 tablespoonfuls of crisco 5 minutes, stirring constantly. Add ¼ cupful of flour and stir until well blended; then pour on gradually, while stirring constantly, 1 cupful of stock. Bring to the boiling point and add 1 cupful of cold roast lamb cut in small cubes, and ⅔ cupful of small cold boiled potato cubes. Simmer until meat and potato have absorbed sauce. Add 1 teaspoonful of finely chopped parsley and season with salt and pepper. Spread on a shallow plate to cool. Shape in the form of croquettes, dip in crumbs, egg, and crumbs; fry in deep fat and drain. Serve with tomato sauce.

Creole Brains

Scald brains for a few minutes in salted boiling water, when cool cut in ½-inch slices and roll in meal or cracker crumbs; fry a light brown in deep fat and serve with Creole Sauce.

Creamed Lamb with Nuts

2 c. chopped cold lamb
1 c. cold boiled potatoes, diced
½ c. chopped English walnuts
2 c. white sauce

Mix together and heat. Season with salt and pepper and add 2 tablespoonfuls of chopped parsley.

Mock Venison

One leg of lamb—boned and lightly corded—season with pepper, salt and ginger. Take a crock or jar, make a bed of onion juice, bay leaf, few cloves, take out of pot enough vinegar scalded to cover lamb. Set lamb in crock, turning every day for a week or ten days to keep all sides in the vinegar. Take lamb from the pickle and roast as you would any other meat ½ hour before serving time. Make gravy of sour cream and flour.

Broiled Pigs' Feet

Clean thoroughly 6 or 12 feet. Place them in a stone crock between layers of table salt, also good layer of salt on top and bottom of crock. Lay this aside for 3 or 4 days, then wash again to remove the salt, boil them until they are almost free from the bone. Then scald enough vinegar to cover the amount of feet, add about 5 cents worth of horse-radish root, chopped not grated, 3 tablespoons of mustard seed to every 3 feet you boil. Lay this aside for 3 or 4 days. Then they are pickled and can be eaten just as they are, or split each foot and dip in salted cracker meal and broil carefully. They are delicious.

Stewed Pigs' Feet

Eight pigs' feet, 1 pint tomatoes, 1 teaspoonful chopped onion, 1 cupful boiling water, 1 bay leaf, 1 tablespoonful of butter, ½ tablespoonful flour. Boil pigs' feet with bay leaf and salt until tender; take out bones and cut meat in small pieces; heat butter and flour, onions, tomatoes and water, cook about 15 minutes, then add pigs' feet, season with chili powder and cook ½ hour longer.

Hamburg Beef with Macaroni, Creole Style

Cook ½ pound of macaroni in rapidly boiling salted water until it is tender. The time required will be about 20 minutes. Let 3 cups of canned tomatoes, ¾ cup finely sliced onion and ½ green pepper pod, finely chopped, simmer until the onion is tender. Cook 1 pound of round steak, preferably from the top of the round, chopped fine, in a hot frying pan, stirring constantly until the meat changes color, then add it to the tomato mixture; drain the macaroni, rinse in cold water and drain again; pour over it a cup of grated cheese and ¼ cup of butter. Lift the macaroni with a spoon and fork to mix it with the butter and cheese, sprinkling it meanwhile with a little salt; then turn it into the dish with the meat and tomato mixture. Toss again with the spoon and fork, and serve at once on hot dish.

Stuffed Calves' Hearts

Wash well two hearts and remove the tough central portion. Crumb 2 slices of bread, add teaspoonful of melted butter. Onion or parsley may also be added. Stuff into the

hearts, sew up the tops, and stand in a saucepan with a pint of hot water. Cover, and simmer 1 hour. Then put in a baking-pan; add water; bake 1 hour, basting once or twice. Serve with brown sauce.

Coddled Steak

Take round or the cheaper cuts of steak. Cover the bottom of a pan with a thin layer of dry bread crumbs, then add layer of steak, salt, cover with crumbs. Add alternate layers of steak and crumbs, salt each layer of meat. A little minced onion or powdered sage may be added if desired. Place in cooker and steam until tender. Will require 45 minutes to 2 hours, according to the amount and quality of meat.

Beef Steak and Oysters

Broil a very thick steak 15 minutes. Put some oysters in a hot pan without any broth, stir over the fire briskly a few minutes, salt the steak and sprinkle with chili powder (not too strong), then cover the steak with the oysters; bake in hot oven 15 minutes. Remove the platter, keeping the oysters on top of the steak.

Stanley Steaks

Chop fine 1 pound of lean round of beef. Season with a teaspoonful of salt and a dash of pepper. Peel 4 bananas, put them in a porcelain dish, pour over 2 tablespoonfuls of butter, and bake in a quick oven ½ hour, until brown. Form the meat into 4 or 5 flat cakes, with thick edges. Broil or bake them in a quick oven. Rub together 2 tablespoonfuls of butter and 2 of flour; add a cupful of cold milk; stir until boiling; add a saltspoonful of salt and 3 tablespoonfuls of evaporated or fresh horse-radish. Pour this sauce in the meat platter, stand in the steaks, put a banana on each, and serve.

Corn and Meat Croquettes

Take cold meat of any kind, left over from previous meals, sufficient to make a quart, add a cupful of canned corn and chop or grind all fine; now add 1 cupful bread crumbs, salt and add chili powder to taste. Mix together and if not moist enough add gravy or water into cakes. Fry in crisco.

Pigs in Blankets

Wash and wipe as many large oysters as you require. Have the same number of slices of thin bacon; roll one around each oyster and fasten with a small wooden toothpick. Put them into a frying pan and cook until the bacon is crisp. Serve on a very hot platter.

Tripe, Mexican Style

Take tripe after it has been well cleaned and put to boil in 1 quart of hot water until tender; add 1 or 2 buttons of garlic chopped fine; 1 or 2 tablespoonfuls of chili powder, 1 can of hominy; stir well and let boil until done. Serve hot.

Stuffing

To each cupful of dry bread crumbs salted to taste add a little sage and ½ teaspoonful of chili powder and 1 tablespoonful of melted butter. To this may be added, if desired, a small chopped onion, a tablespoonful of mashed potatoes and ½ button of garlic chopped fine or a few raw oysters. When thoroughly mixed stuff the roast or fowl and bake or roast.

Sweetbreads

Delicious in many ways if carefully prepared. Beef sweetbreads are one-half the price of calves' and one can scarcely tell the difference when well cleaned. As soon as received from butcher, drop in cold water and change several times. Clean by removing pipes and membranes. Put on in cold water to cover and juice of ½ lemon. Cook slowly about 20 minutes. Plunge them in ice water to make firm. This is the preliminary step to be taken, however the sweetbreads are to be used. When brittle again remove any membrane overlooked at first.

Fried Sweetbreads

Cut cleaned sweetbreads in strips, dust them, flour, salt and pepper and fry golden brown in hot crisco. Make cream gravy of ½ cup cream and a tablespoon flour to drippings in pan and stir until smooth.

Sweetbread Croquettes

Two pounds of calves' sweetbreads, parboiled, cleaned, chilled and chopped fine and pour over them pint of white sauce. Add 1 cup bread crumbs, tablespoonful parsley, 1 egg. Mold in pear shape, dip in egg, roll in cracker crumbs and fry in deep fat. Garnish with parsley.

Cream Sweetbreads in Timbales

Blanch sweetbreads and dice. Make 1 pint white sauce. Mix sweetbreads and mushrooms and cover with the sauce and let stand over hot water. Add blanched almonds and serve in timbale molds.

Broiled Sweetbreads

Split the sweetbreads, sprinkle with seasoned flour and dip in melted butter, boil 10 minutes over hot fire or in gas stove, turning constantly. Serve with cream gravy.

Creamed Sweetbreads

Boil sweetbreads, cut them in small dice and stew in small amount of water until tender, quarter can of mushrooms and boil in liquor for ½ hour, drain both sweetbreads and mushrooms, put together with cream sauce. Serve on toast or in timbale molds.

CHAPTER VIII

POULTRY AND GAME

To determine the age of poultry, examine the feet and cartilage at the end of the breastbone. If both are soft it is a young chicken; if hard, a fowl of more than a year's age.

To prepare a bird for cooking, singe it by holding over a flame and turning it until hairs are removed. Remove pin feathers. Cut the skin around the leg an inch and a half below the leg joint, taking care not to cut the tendons, then place leg at that point over the edge of a board or table and snap the bone; then pull off foot and tendons. In a fowl tendons may have to be pulled one at a time. Make a cut below the breastbone and remove the entrails, heart, gizzard and liver. Remove gall bladder from liver. Remove the lungs from either side of backbone and the kidneys, which lie near the hollow. Remove windpipe from neck and crop. Cut off the neck close to the body, leaving the skin. Remove oil-bag. Wash outside carefully and run water through the inside to cleanse it. The heart, liver and gizzard are called giblets. Remove veins and blood from heart and fat and membrane from gizzard. Cut through the thick part of gizzard and remove the part inside. Wash giblets and neck and cook together in a little water.

Roast Chicken

Having dressed a chicken, stuff it. Truss it by crossing the drumsticks, tying them with a long string and then tying to the tail. Fasten the wings close to the body with a skewer and draw the skin at the neck under the back and pin with another skewer. Then turn the bird on its breast and draw string which is fastened to tail around skewers, fasten it and cut it. Rub chicken with salt and rub breast and legs with butter and flour worked together. Place in pan and sprinkle bottom of pan with flour. Place in oven over a medium flame till flour is browned. Then lower the oven and baste often. Melt butter half the size of an egg in ¾ cup hot water and use it for basting while it lasts. Then use fat in the pan. Turn bird occasionally that it may brown alike on all sides. Cook until breast meat is tender.

Chicken a la Stanley

When the chicken has been cut up, season the pieces with salt and pepper. Place them in a shallow saucepan in which you have heated 2 tablespoonfuls of crisco. As soon as the meat has begun to cook, but has not taken a color, add 3 medium-sized onions, chopped fine, and a tablespoonful of curry. Cover the saucepan and let it cook on a very gentle fire. As soon as the pieces of chicken are cooked remove them and put them in a deep earthenware dish, or any other suitable deep dish. Keep the chicken hot and add to the onions which have remained in the saucepan a glass of fresh cream. Let this simmer for 7 to 8 minutes and then pass the mixture through a strainer and put it into another saucepan. Heat this puree well and pour it over the chicken.

Some truffles peeled with care and cut in slices may be added to the sauce, and will greatly increase the richness of the dish.

Chicken Stewed with Dumplings

Cut up and lay in salt and water, then put on the fire with water enough to cover and some slices of bacon.

When the chicken is thoroughly tender, put in some dumplings, made like biscuit but rolled thinner. Lay them over the top of the stew and cover tightly, boil until done—about 15 minutes.

Mix a tablespoonful of crisco in a tablespoonful of flour, or less if not liked very thick; add salt and pepper to taste, a little parsley and celery, or celery seed. Put this in the gravy and when it has thickened pour in a teacupful of cream or milk and let it boil up once. Take off the fire and serve hot.

How to Cook a Turkey

A turkey should be killed at least two or three days before cooking. This can be easily done, as the turkey season always begins the last of November and ends the latter part of the winter. Wash thoroughly when ready to cook, not before, as they are not apt to keep after having water used about them. After they have been washed, dry with a cloth, rub a little butter over them, salt and pepper, and sift a little flour over them to make brown nicely. Some hot water should be put in the pan, with salt and pepper and a little butter to use for basting.

The stuffing is a matter of taste, for, although chestnuts are the regulation stuffing for Thanksgiving Day, some prefer a little onion, oysters, etc. One thing should be observed, however, never to fill a fowl entirely full, as the bread that is used always swells, and consequently the stuffing is pasty.

Chestnut Stuffing for the Thanksgiving Turkey

Shell 50 chestnuts, blanch them and boil in salted water until tender; chop fine and mix with half the amount of bread crumbs, season highly with salt and pepper, and moisten with melted butter.

Roast Turkey

Dress the turkey carefully and rub thoroughly inside and out with salt and pepper. Stuff with a dressing prepared as follows: take a loaf of stale bread, cut off crust and soften by placing in a pan, pouring on warm water (never boiling), squeezing out with the hand all the water; add ½ pound of melted butter and a teaspoon of salt and ½ teaspoon of pepper; drain off liquor from a quart of oysters, bring to a boil, skim, and pour over the bread crumbs; mix all thoroughly and, if dry, moisten with a little sweet milk; lastly, add the oysters, being careful not to break them.

Sew up the openings, spread the turkey over with butter, salt and pepper, place in a dripping-pan in a well heated oven, add ½ pint of hot water, and roast, basting often. Turn until nicely browned on all sides, and about ½ hour before it is done, baste with butter and dredge with a little flour.

When making the gravy, if there is much fat in the pan pour off most of it and add the chopped giblets previously boiled until tender, and the liquor in which they were cooked; place 1 heaping tablespoon of flour in a pint cup, mix smooth with a little cream; fill up cup with rich milk, and add to the gravy in the pan; boil several minutes, stirring constantly, and pour into sauce bowl. Serve with cranberry sauce.

Roast Goose

Singe, draw, wash, stuff and truss a goose. Dredge with flour and salt, and lay strips of fat pork over the breast. Roast in a hot oven 2 hours, basting frequently with butter and hot water.

Stuffing

Chop finely 2 onions, mix with ¼ cupful of finely chopped pork, and combine with 2 cupfuls of hot mashed potato and 1½ cupfuls of soft, stale bread crumbs. Add ⅓ cupful of butter, 1 beaten egg, 1½ teaspoonfuls of salt, 1 teaspoonful of sage, and ⅛ teaspoonful of black pepper.

Russian Apple Stuffing for Roast Goose

Chop 2 cupfuls of tart apples, greenings or Baldwins preferred, with 1 cupful of seeded raisins. Stuff goose and truss as usual. The flavor is delicious and quite different.

Grouse

Pluck with care not to tear the skin. Draw and wipe, but do not wash. Cut off the head and truss like fowl. They are much improved by larding, but if that is not convenient fasten thin slices of salt pork all over the breast and thighs. Baste every 5 minutes. About 10 minutes before taking up lay a thick slice of toast under each and serve on this. Fry coarse bread crumbs till brown in butter and strew them on the platter or over the bird. Send either bread sauce or brown gravy to table with them. The Scotch fashion is to put 3 tablespoons of butter into each bird instead of larding it. Parboil the liver and pound it to a paste with butter, salt and cayenne and use this to spread on the toast on which the birds are to be served.

Potted Grouse

Prepare as if for roasting; season rather highly and put plenty of butter inside, pack them in a deep pie-dish and dot butter on top. Pour over a small glass of claret for each pair of birds and tie two or three folds of buttered paper over. Bake in a moderate oven 1 hour. Pack them by twos in small pots, cover with clarified butter and set away to keep till wanted. They will keep for three or four weeks and are excellent for breakfast or lunch.

Fillets of Grouse

If the birds are badly shot to pieces or much disfigured in dressing, it is sometimes better to serve them filleted. After they have been removed separate the large from the small fillet. Season them with salt and pepper and dip them in a

mixture of 1 tablespoon chopped parsley, 1 tablespoon lemon juice and ½ cup melted butter. Let the butter cool on them, then dip in a beaten egg, then in bread crumbs and fry in deep, hot fat. Six minutes is enough for the large.

Canvas-back, Red-head and Mallard

Should be carefully picked, singed, drawn and wiped with a wet cloth, trussed with the neck twisted around to close the opening in the breast, and the rump turned down to close the opening through which it was drawn. Season with salt and roast rare from 18 to 25 minutes. Place them on a hot dish and put a tablespoon of cold water inside to prevent the coagulation of the juice. Send a glass of currant jelly or wild plum jelly to table with it, or serve with essence of celery.

Red-head, Teal or Widgeon Broiled

After cleaning, split down the back and flatten a little with a heavy cleaver. Pare off the neck, pinions and ends of the legs, baste well with butter and broil rare over a quick fire. Dish on dry toast. Melt 2 tablespoons of maitre d'hotel butter with a little brown gravy, pour it over the ducks and serve with any sharply acid jelly, or orange, or olive sauce.

Teal

Teal when roasted sometimes has a plain, dry stuffing as for chicken. Sometimes it is filled with a chopped onion and celery stuffing. Serve with slices of fried hominy and watercress or with green grape jelly.

Fillets of Widgeon

Roast quick and rare 4 widgeons; slip off the fillets with a sharp knife, lay them on pieces of buttered toast and place in a dish sprinkled with Parmesan cheese; place 2 fillets of anchovy on each fillet of duck, sprinkle with more cheese, grated bread crumbs, chopped parsley and melted butter. Bake in very hot oven about 2 minutes. Squeeze the juice of 2 lemons over and serve hot.

Chicken, Southern Style

Disjoint "frying size" chicken night before using. Let stand in cold water for hour before cooking. When ready to

use wipe off with cloth. Sprinkle with salt and pepper and flour. Dip in well beaten egg, roll in cracker or toast crumbs, fry in deep fat. Place in dripping-pan and cover, place in oven for 15 minutes, after which remove cover and allow to become crisp and brown. If desired, pour the cream gravy over chicken on chop dish or serve separately in gravy boat. Delicious.

Fried Chicken, Virginia Style

Clean a fat young chicken and disjoint it as for a fricassee. Wipe, dredge with salt, pepper and flour and spread out on a platter. In a deep frying-pan try out ½ pound of fat bacon, add 1 cupful of crisco; when hot put in the pieces of chicken, cooking only enough at one time to allow plenty of room for turning over. As fast as nicely colored lift from the pan to a platter, set where the chicken will keep hot. When all of the chicken is cooked, pour off the greater part of the fat, leaving about 2 tablespoonfuls in the pan. Dredge in sufficient flour to absorb the grease, stir until browned, then add gradually 1 pint of milk and cook until thick and smooth. Season to taste, carefully lay in the fried chicken and simmer for 3 minutes, then dish and serve.

Chicken a la Mark Hanna

Three-pound yearling chicken. Cut as for a fricassee. Wash thoroughly in hot and then in cold water. Drain in colander. Salt lightly and separately each piece. Put in small, *deep* dripping-pan, *skin side up*. Cover with 1 quart milk.

2 tb. crisco ¾ t. salt

Bake 2½ hours in hot oven, *without disturbing*. If it browns too fast moderate heat a little. Remove carefully, each piece, *skin side up*. Thicken gravy with 2 level tablespoonfuls flour. Serve gravy from gravy bowl.

Chicken Tamales

Boil 2 pounds of corn and a handful of lime in water enough to cover until skin of corn will slip off, then wash corn and grind very fine. Boil a large chicken and mix the liquor, in which the chicken was boiled, with ground corn, adding a pound of crisco, and salt to taste. Having boiled a pound of red pepper until soft, remove seeds and mash peppers to a

pulp; add a garlic button, chopped, and ½ pound of ground chilies. Mix this preparation with chicken. Fill wet corn husks (inner husks) with the mixture alternately with the meal and chicken. Tie up and boil 1 hour in a gallon of water. This makes 1 dozen tamales.

Creamed Chicken on Corn Fritters

Have the fritter batter thin enough to bake like griddle cakes. Make white sauce for chicken of cream instead of milk and add 2 egg yolks. Chopped peppers may be added. Serve the creamed chicken on the fritters.

Aunt Martha's Fried Chicken

Disjoint broilers and let stand in salt cold water for an hour before cooking. Make batter as follows:

1½ c. flour
½ t. salt
¾ t. baking powder
Sweet milk enough to make a thin batter

Have frying pan ¾ full fat. Dip chicken in batter and then immerse in boiling fat, using if possible frying basket. When well done, lay on blotting paper and serve at once.

Chicken Pie

Use young chicken or tender young hen. Disjoint and stew until tender in small amount of water, to which salt, white pepper, celery seed and sprig of parsley have been added after chicken is half cooked. Line baking dish with pie crust or puff paste and arrange pieces of chicken in dish. Reduce the stock to about 3 cups, strain and thicken with flour and if chickens are not fat add tablespoonful of butter. Pour stock over the chicken and place pieces of pie crust about the chicken. Cover the dish with pie crust in which make many small or several large incisions and bake in moderate oven until pie crust is well browned.

Chicken a la King

Boil tender young chicken with 1 onion, salt and pepper, few cloves and allspice and bay leaf. When cold cut chicken into small pieces. Pour ½ cup sherry wine over chicken and

steam in double boiler 1 hour. One cup button mushrooms sliced, ½ cup blanched almonds sliced.

Sauce

1 tb. butter	1 c. rich milk
1 tb. flour	1 egg (yolk well beaten)

Blend together. Add milk and egg slowly. Season with celery salt and saltspoon of kitchen bouquet. Pour over chicken in double boiler and steam. Add 2 pimentos cut fine before serving in hollow loaf of bread or on toast.

Chicken and Mushrooms Creamed

Boil young chicken in water seasoned with salt and celery seed until the meat falls from the bones, cut in dice; 1 can mushrooms, cut in quarters and cooked in 1 cup water to which 1 tablespoonful butter, salt and pepper have been added. Add mushrooms to chicken and pour over them a rich cream sauce. Steam over hot water for ¾ hour before serving. Serve in timbale molds or creamed potatoes.

Scalloped Chicken

Cut cold chicken in dice or use the canned boiled chicken, 1½ cups steamed rice, 1 pint cream sauce. Arrange in baking dish, first one layer of rice, then chicken and sauce, until all has been used. Cover with cracker crumbs and dot with butter. Bake until brown. Serve in same dish.

Cream Gravy

1 c. stock	1 tb. flour

Add salt, pepper and pinch of paprika and when well blended and flour well cooked, add ½ cup cream.

Chicken Croquettes

Toast and butter ½ pound bread; when cold put through meat chopper. Chop fine 1 pound white meat of chicken. Add the toast crumbs, ¼ pound butter, 1 teaspoonful grated onion, juice 1 lemon, salt and pepper to taste, ¼ pound sliced blanched almonds and ½ cup celery. Shape in pear shape, roll in crumbs, dip in egg, roll in crumbs again and fry in deep crisco. Use frying basket. Garnish with parsley.

Tartare Chicken

Have three chickens, each weighing about 4 pounds. Split them down the back, as for broiling. Singe them, and then wipe with a clean towel. Dredge generously with salt and lightly with pepper. Lay them on a board, the split side down, and then press the legs upon the body. Skewer them in this position, using long steel skewers. Skewer the wings in place also. Now spread the breast, wings and legs thickly with soft butter; sprinkle with a thick layer of dried, pounded and sifted bread crumbs. Place them in a large dripping-pan, split side down, being careful not to disturb the crumbs. Set away in a cool place. When it is time to cook them place in a hot oven and cook 50 minutes. After they have been cooking 15 minutes reduce the heat. When they are done take out the skewers and place the chickens on a large platter. Garnish with parsley and serve with tartare sauce. Remember that after the chickens have been put in the pan nothing is done except to put them in the oven. The chickens should be cooked early in the day, if the oven cannot be spared at dinner time, and then heated when wanted.

Fried Chicken

Select young, tender chickens and disjoint. Wash carefully, dry, and let stand over night in refrigerator. Then cook by one of the following methods:

A

Drain the chicken but do not wipe dry. Season with salt and white pepper and dredge well with flour. Fry in deep crisco hot enough to brown a crumb of bread in 60 seconds. It will require from 10 to 12 minutes to fry chicken. Drain on paper and place in oven or warmer until ready to serve. Place on platter garnished with parsley and rice croquettes.

B

Make a batter of:

1 c. bread flour
1 t. salt
Few grains pepper
⅔ c. water
2 eggs
1 tb. crisco

Mix dry ingredients, add water and well beaten eggs and then the crisco. Have kettle of crisco hot enough to turn a crumb of bread a golden brown in 60 seconds. Drain chicken

but do not dry. Dip each joint separately in batter and fry in deep crisco until a golden brown. It should take from 10 to 12 minutes. Serve on a folded napkin, garnished with parsley.

C

Drain chicken but do not wipe dry. Season with salt and pepper and dredge well with flour. Put 3 tablespoonfuls crisco in frying pan and when hot place chicken in pan, cover and allow chicken to steam for 10 minutes. Remove the cover from the pan and allow the chicken to brown, taking care to turn frequently. Serve on platter, garnish with parsley, and serve with cream gravy.

Creamed Chicken

2 tb. flour
2 tb. crisco
2 c. hot sweet milk
1¼ t. onion juice
1 tb. Worcestershire sauce
2 c. tender chicken, chopped fine

Rub crisco and flour together. Add to hot milk and stir in double boiler until thick. Season with salt, white pepper, a dash of paprika and the onion juice and Worcestershire sauce. Add chicken and remove to back of range. Allow chicken to stand 20 minutes to ripen and serve in rice border on toast, in timbale molds, or fill a hollow loaf of bread.

Chicken Souffle

Make 2 cups of cream sauce and season with chopped parsley and onion juice. Stir 2 cups of chopped chicken into the sauce. When hot, add the beaten yolks of 4 eggs; cook 1 minute and set away to cool; when cool, stir in the whites, beaten stiff. Bake in a buttered dish about 20 minutes and serve immediately. Any meat may be substituted for chicken.

Chicken Livers

Take chicken livers which have been stewed gently in butter and a little water in the morning, and cut into small, even squares. Mix with ½ pound of butter, the yolks of 3 hard-boiled eggs, put into the chafing dish and add seasoning of salt, a very little cayenne pepper, and a pinch of dry mustard. When heated, put in the livers and part of a can of mushrooms sliced. When it has cooked 5 minutes add a small glass of madeira and serve on hot toast.

Fricassee of Chicken

Disjoint a good-sized chicken, season with salt and pepper and saute in hot crisco, frying to a delicate brown. Remove to a saucepan in which 1 tablespoon of flour and 1 tablespoon crisco have been blended, and to which add 1 tablespoon finely minced onion, 1 tablespoon parsley chopped fine, ½ button garlic and 1 teaspoon chili powder, and cook for few minutes, stirring well and adding gradually 1 quart of water. Simmer for ¾ hour or until chicken is tender. One tomato chopped fine, or a can of mushrooms, may be added to the above with good effects.

Rice and Chicken a la Valenciana

Fry in hot fat to a golden brown a chicken cut in pieces When half fried add a peeled button of garlic and onion chopped fine and 1 teaspoon of salt. With this is served rice prepared as follows: Take 1 cupful of rice well washed, a scant teaspoonful of salt, 3 cupfuls of boiling water and a small spoonful of crisco. The rice should be washed in cold water until all cloudiness is removed, for which five or six waters will be necessary. While washing bring to a boiling point 3 cups of water, add a teaspoonful of salt and a small spoonful of butter. When water is boiling add the rice and let boil from 10 to 15 minutes, keeping the cover partially over. At the end of 15 minutes the water should be absorbed and the grains of rice soft and separated instead of the soggy mass so often seen. Remove the cover and let the rice dry in the pot for about 5 minutes, then place on the back of the stove and continue the drying out for about 20 or 30 minutes longer. A couple of large, sweet green Spanish peppers may be added to the rice while it is still boiling.

Chicken Croquettes

Open a can of chicken some hours before using if fresh chicken is not at hand. Chop the meat fine, seasoning it with celery salt and white pepper. Cook together in a saucepan a tablespoonful, each, of butter and flour, and when they thoroughly blend pour upon them a cup of rich milk—part cream if you have it—to which a pinch of baking soda has been added. Stir to a smooth white sauce, then add the

minced chicken, season to taste, adding a pinch of nutmeg and a dash of lemon juice. When the chicken is smoking hot add to it gradually a beaten egg and take from the fire. Set aside until cold, and form into croquettes of uniform size. Roll each of these in beaten egg, then in cracker dust and set in the ice-chest until they are very cold and the coating on them has stiffened. Fry in deep fat to a golden brown. Arrange on a platter and pour about the croquettes a white sauce into which a tablespoonful of minced parsley has been stirred.

Scalloped Chicken

Cut, not chop, 2 cups of chicken into small pieces. Make a white sauce as directed in the last recipe, adding to it a gill of oyster liquor. Butter a pudding dish and put in the bottom of it a layer of cut-up chicken, well seasoned, and scatter over this a layer of fine crumbs, then cover with the white sauce. Put in another layer of chicken, more crumbs and more sauce. Proceed in this way until all the ingredients are used. Sprinkle the surface of the scallop with fine crumbs, dot with bits of butter, and set in the oven. Cook until well browned.

Chicken Salad

Open a can of boneless chicken, or use 2 cups of boiled chicken, and turn the chicken into a bowl. Set this on the ice until chilled, first cutting the chicken into pieces ½ inch square. Measure the amount of chicken and to 2 cups of it allow a generous cup of crisp celery cut into bits. Mix the chicken and the celery together, seasoning with salt, pepper and a French dressing. Line a salad bowl with lettuce leaves, put the salad into it and pour over all a good mayonnaise dressing. Garnish with slices of hard-boiled eggs.

Chicken a la Normande

Having cut up the chicken, season the pieces with salt and pepper and put them in a shallow saucepan in which you have heated 2 tablespoonfuls of crisco. As soon as the flesh begins to grow firm, but without taking color, add a large onion, chopped fine, and allow this to cook on a gentle fire for several minutes, the saucepan being covered. At the end of 8 or 10

minutes cooking add a cup of very fresh cream and finish cooking the chicken. When it is done to a turn arrange the pieces on a dish. If at this point the sauce appears too liquid, boil it down, then pass it through a fine strainer, after which you pour it over the chicken and serve. You may vary the flavor of this dish by adding some small mushrooms or sliced truffles. You may also add shrimp tails, artichoke bottoms or little sticks of cooked egg plant. You may even serve the chicken a la creme with hard-boiled eggs sliced up.

Curry of Chicken

Cut up the chicken in rather small pieces, brown it gently in a saucepan in which you have previously heated 2 soupspoonfuls of butter. Add an onion of good size, chopped fine, and as soon as the onion begins to take a good light brown color add a soupspoonful of curry and 2 tablespoonfuls of flour. Let the whole cook for several minutes, stirring frequently with a wooden spoon. When the ingredients are well cooked, add ½ cup of hot water and a pinch of salt, cover the saucepan and let it cook on a gentle fire for 15 or 20 minutes. Serve very hot and accompany it by a plate of rice, cooked simply in boiling water with salt for 16 or 18 minutes, and then drain.

CHAPTER IX

EGGS

Eggs contain all the elements in right proportion necessary for the support of the body, but their highly concentrated nutritive value renders it necessary to use them in connection with other foods containing starch, as potatoes or bread, in order to secure the necessary bulk. Nine eggs are equivalent to a pound of beef.

They are easier to digest raw, and as albumen coagulates at a temperature of from 134 degrees to 160 degrees F., the importance of cooking at a low temperature to insure their easy digestion will be seen.

Boiled Soft

Into a saucepan of boiling water sufficient to cover them, dip carefully the number of eggs to be boiled. Cover saucepan and remove to back of range where they will keep the same temperature. Cook 8 minutes.

To hard-boil follow same directions for 45 minutes, plunge into cold water to prevent discoloration.

Scrambled Eggs, San Juan

Mince 2 green peppers, 2 sweet red peppers, fry in butter 10 minutes, add 1 tomato peeled and cut into quarters, salt and pepper. Let simmer for 10 minutes more. At the same time scramble your eggs and mix above preparation with them, serve on toast with a little tomato sauce around it.

Shirred Eggs a la Creole

Fry 1 tablespoonful of chopped onions, as much cut-up green peppers, a peeled tomato cut in quarters, let simmer for 10 minutes, add 2 tablespoonfuls cooked rice, salt and a dash of paprika. Cover bottom of dish, break eggs carefully on top of preparation, and cook in moderate oven 5 minutes.

Cheese Omelet

4 eggs
1 tb. crisco
1 tb. water
1 tb. grated cheese
½ t. salt
Pinch of pepper

Beat eggs with water. Add the grated cheese, salt and cayenne. Melt the crisco, stir in the mixture until it just

begins to set. The omelet must be quite soft in the middle. Turn onto a hot dish and serve.

Tomato or other sauce may be poured around if desired.

Omelet

Yolks of 3 eggs well beaten, 1 teaspoonful salt, pepper, 3 tablespoonfuls hot water, added gradually, then beaten whites folded in heated omelet pan, grease bottom and sides, then turn in the mixture and cook slowly. When browned nicely on the bottom, put on the shelf of the oven to cook top. Fold and turn out on hot platter. White sauce may be poured around this, or 1 cup canned peas may be beaten in sauce and poured around omelet.

Hold pan by handle with left hand. With a case knife make 2 ½-inch incisions opposite each other at right angles to handle. Place knife under part of omelet nearest handle, tip pan to nearly vertical position; by carefully coaxing the omelet with knife, it will fold and turn without breaking.

Plain Omelet

4 eggs
4 t. crisco
4 tb. water
Few grains pepper
½ t. salt

Separate the yolks and whites. Beat the yolks until creamy and thick. Add water, salt, pepper, mix thoroughly. Beat the whites until stiff and dry, and fold in lightly. Put crisco into the omelet pan, and when hot, turn into the mixture. Let it stand for 2 minutes, where there is moderate heat. When brown on the bottom and slightly firm on the top, fold and serve hot on a hot platter.

French Omelet

To 4 eggs allow ½ cup of cold water, salt and pepper. Beat the eggs light, then add the water and mix thoroughly. Pour into hot greased frying-pan, run the spatula around the edges and lift slightly to allow the thin part underneath. Dish onto a hot platter. Serve at once.

Cheese Omelet

Make omelet as above and on top put cup grated cheese before folding.

Puffy Omelet

To make a puffy omelet, beat the whites of the eggs until dry; beat the yolks until light colored and thick; add to the yolks a tablespoonful of water for each yolk, and ¼ teaspoonful salt and a dash of pepper for each 3 yolks; mix together thoroughly and turn over the beaten whites, then cut the whites into the yolk mixture. Have the pan buttered and hot, turn in the mixture, spreading it evenly over the pan. Let stand for about 2 minutes, where there is a moderate heat, then set in the oven to cook the top slightly. Just as soon as a knife—thrust in the center of the omelet—comes out nearly clean, remove from the oven, cut across the center of the top, at right angles to the handle, fold the part nearest the handle over the other part, and turn onto a hot platter.

Either the plain French omelet or the puffy omelet may be varied by the use of a filling, or a garnish, or both. The filling, if finely chopped, as parsley or other herbs, may be mixed with the body of the omelet, though by "filling" we usually mean a little of the desired article chopped fine or cut in small cubes, perhaps mixed with a sauce, sprinkled onto the surface of the omelet before it is folded. When used as a garnish the article is mixed with a sauce and poured about the omelet. Green or canned peas, in white sauce, mushrooms, fresh or canned, macaroni in tomato sauce, oysters in cream sauce, fine chopped ham or chicken, asparagus tips, and tomatoes are among the favorite fillings and garnishes.

The pan should be thin, as quick cooking is of importance; it should not be large, as one of the first requisites in a perfect omelet is thickness. The greatest care and skill are needed to secure an omelet in which the eggs are not liquid, but barely set.

A spoon or fork is the proper utensil for serving. If a knife needs be used, the omelet is a failure.

Omelet Souffle

Whites of 6 eggs; yolks of 3 eggs; 2 tablespoons powdered sugar; the grated yellow rind of ½ lemon; ½ teaspoon lemon juice. Beat the whites of the eggs until stiff and frothy; sift over the sugar and beat again until fine and dry; add the yolks slightly beaten, the lemon rind and juice. Mix quickly, put at once into a baking dish, sprinkle on top with powdered sugar, and bake in an oven at 400 degrees Fahrenheit, 5

minutes. The oven must be ready before you begin the souffle. If it is stringy inside it has been baked too long. To be right, it must be hot but soft. It must be served immediately in the dish in which it was baked.

French Omelet

To make a French omelet, break the eggs into a bowl; add as many tablespoonfuls of water as eggs, counting 2 yolks as a whole egg, and for each 3 eggs, a dash of pepper and ¼ teaspoon of salt. Beat the eggs with a spoon or fork until a spoonful can be taken up; then strain into another bowl. If a mild flavor of garlic be agreeable, rub the inside of the bowl into which the eggs are to be broken with a clove of garlic. Have ready, in the cleanest, smoothest and thinnest of frying-pans, a tablespoonful of melted butter, into this pour the egg mixture, set on a hot part of the range for a minute, then with a thin knife, or spatula, separate the cooked portion from the side of the frying pan, and gently rock the pan back and forth, the side next the handle raised as the pan is pushed forward and the opposite raised as it is brought back, that the uncooked part may run down next the pan. When creamy throughout, begin at the side of the pan next the handle and roll the omelet, letting the pan rest on the stove a moment, until the omelet is browned slightly, adding a little butter if needed, and turn onto a hot platter.

Spanish Omelet

Cook together 1 tablespoonful butter, 1 chopped green pepper, ½ sliced onion; add 1½ cups tomatoes; add salt and cook slowly for 15 minutes. Make an omelet by your usual rule and just before folding spread with part of the tomato mixture. Turn out on a hot platter and serve with the rest of the sauce poured around it.

Sardine Omelet

Three eggs, 1 tablespoonful cream or milk, 1 teaspoonful of anchovy essence, 3 sardines, free from skin and bone, 1 heaping tablespoonful of butter, pepper and salt to taste. Break the eggs into a basin, add the cream and milk and beat up well, cut the sardines into small dice, add these and the anchovy essence, and mix thoroughly. Season with a pinch of pepper. Melt the butter in a frying or omelet pan, pour in

the mixture, stir until the eggs begin to set, then form the mixture into a half moon, allow it to brown in the oven, and turn out quickly onto a hot dish.

Scrambled Eggs with Mushrooms

Take 6 eggs, 6 mushrooms, 1 tablespoonful of butter, salt, pepper, red pepper and slices of buttered toast. Wash and peel the mushrooms, chop them finely and fry in a little butter. Break up the eggs into a basin, whisk up well, and pour into a saucepan. Add the mushrooms, butter, pepper, salt, red pepper to taste. Stir over the fire with a wooden spoon until the eggs are lightly set. Have the toast neatly trimmed on a hot plate or dish, pour the egg mixture on top of the toast and serve at once.

Eggs a la Creole

3 tomatoes
1 onion
1 pepper
1 garlic
½ pt. water
1 tb. crisco
1 tb. flour
1 tb. salt

Cook 3 large tomatoes, 1 onion, 1 large bell pepper and piece of garlic in ½ pint water until tender enough to run through sieve. Put juice in chafing dish and add 2 tablespoons crisco into which have been rubbed 2 tablespoons flour and 1 teaspoon salt. When sauce is well blended and thick, drop in and poach 4 or more eggs, poaching 2 at a time. Serve on toast and pour sauce over egg.

Omelet Havana

Mince 6 chicken livers, 1 dozen mushrooms, fry the liver in butter, add the mushrooms, moisten with port wine and "A-1" sauce. Cut 4 peeled fresh tomatoes in quarters, fry them in crisco, also sweet Spanish peppers. Season with salt and a good dash of tabasco sauce. Fill the inside of the omelet with above preparation and surround same with tomato sauce.

Spanish Omelet

2 c. tomatoes
1 green sweet pepper
1 medium sized onion
1 c. mushrooms (if desired)
2 tb. crisco
¼ t. white pepper
½ t. salt
Dash paprika
8 eggs
1 tb. flour
1 tb. crisco

Put the crisco in frying pan with salt and pepper. When very hot add vegetables and cook them until tender, covering

the pan for a short time to allow the vegetables to cook without browning. Separate eggs, add pinch of salt to whites and beat until stiff and dry; beat yolks until creamy. Add 2 tablespoonfuls water, sift in 1 tablespoonful flour. Add 1 tablespoonful melted crisco; fold in whites of eggs and pour in egg mixture in hot, well criscoed frying pan. When the under side of the omelet is brown, fold over with spatula, cover with Spanish sauce, garnish with parsley and serve hot.

Nest Egg

(Breakfast or Tea Dish)

Toast 1 slice of bread and butter it. Take 1 fresh egg, separate the white from yolk, then beat up the whites until stiff, adding 1 pinch of salt, spread beaten whites on toast in form of a nest, then drop yolk in. Place in moderate oven 5 minutes or until slightly browned.

Savory Egg

Boil eggs hard and put into cold water until needed. Peel, cut in halves lengthwise, take out yolks and mix with parsley chopped fine, a little pepper and salt, and a little anchovy paste. Fry some croutons of bread in crisco until a nice golden color. Place on each a half shell and fill with your mixture made hot. Then place in oven a few minutes and cook.

Egg in Tomato Sauce

Put enough tomato sauce in a shallow dish to cover bottom of dish, then drop in egg, sprinkle with pepper and salt; add enough of the sauce to just cover, then stand in a dish of hot water; put in a moderate oven and cook for 5 minutes. The eggs should be set before taking from oven.

Poached Eggs

Have a shallow pan nearly full of boiling water, salted, remove scum and reduce temperature until water is motionless; break an egg into a saucer and slip into the water; when a film has formed over the yolk and the white is firm, take up with a skimmer and place on toast which has been trimmed.

Shirred Eggs

Brush egg shirrers or ramekins with butter. Break 1 egg in each, sprinkle with salt and pepper, and bake until the whites are firm.

Deviled Eggs

Boil hard 6 eggs. Remove shells while warm. Cut each egg in half lengthwise and take out yolks. Mash yolks well and add 2 tablespoonfuls butter and 1 teaspoonful French mustard. Rub into smooth paste. Add 2 tablespoonfuls grated ham, ½ teaspoonful salt and dash pepper, white. Mix well.

Fill whites of eggs with mixture and serve on beds of water-cress.

Bacon and Eggs

Fry quickly thinly sliced lean bacon and when crisp take out of the frying pan and keep hot; add to the grease remaining in the frying pan a double sprinkle of chili powder and heat to a boiling point. If there is not sufficient grease a tablespoonful of crisco may be added. Break the eggs into the pan one at a time, sprinkle with pepper and a very little salt, removing eggs from frying pan as soon as done.

The bacon will be improved if placed directly on ice for 20 or 30 minutes before frying.

Beauregard Eggs

Boil 4 eggs hard and separate whites and yolks. Put each separately through a vegetable press, or chop whites and press yolks through a sieve. Rub together 2 tablespoonfuls each of flour and butter; add a cupful of cold milk; stir until boiling; add the whites of the eggs, ½ teaspoonful of salt, and a dash of black pepper. Reheat, pour over 4 slices of toast, put the yolks over the top, stand at the oven door a minute, and serve.

Creamed Eggs

Cut up into quarters ½ dozen hard-boiled eggs. Thinly slice 2 large white onions, place them in a saucepan with 1½ tablespoonfuls butter; cover and cook slowly without browning for 10 minutes; then add ½ teaspoonful salt, ¼ teaspoonful white pepper and 1 tablespoonful flour. Stir gently until the flour is absorbed; then add gradually 1 cup of hot milk, stirring until thick and smooth. Add the prepared eggs, cover and simmer for 10 minutes longer, adding just before taking from the fire.

CHAPTER X

SALADS—SALAD DRESSINGS

A crisp, green vegetable salad is served with the roast of meat or poultry. Cucumbers are served with fish; a crisp, green vegetable, as celery, endive, lettuce, etc., is served with game; sometimes pieces of fruit, as orange, are added to the green vegetable served with game. French dressing is the only dressing appropriate for service at dinner.

Frozen Tomato Salad

Peel and chop fine 8 ripe, firm tomatoes. Season with a little salt, pepper and sugar, and three drops of onion juice; turn into a freezer and freeze. Fill a melon mold with this frozen mixture, pack in ice and salt, and let it stand for several hours to ripen. Serve on a bed of white celery leaves, garnished with olives, with mounds of thick dressing over it.

Alligator Pear Salad

Cut alligator pears in half lengthwise, remove seed and cut each half into 2, or if desired, 3 slices. Serve with French dressing. If desired the tender part of pear may be carefully removed from outside skin, cut in cubes, and served on lettuce leaves.

Apple Salad

Use equal parts of apples, nuts, celery, split celery stalks and cut in thin slices. Chop nuts. Do not prepare apples until ready to put mixture together. Cut in eighths, pare.

Cabbage Salad

Remove outside leaves from small, solid white cabbage and cut off stalk close to leaves. Remove center in such fashion as to form a bowl and cut rim in points. Garnish with red apples and whole cloves. With a sharp knife thinly shred removed portion, put in ice water and let stand 1 hour. Drain and wring in double thickness of cheesecloth as dry as possible. Mix with an equal measure of crisp, finely cut celery, moisten with dressing, fill prepared bowl with mixture, and pile dressing on top. If apples are at hand, use ½ apple, cut in small pieces, in place of all celery.

Salad of Brussels Sprouts

Cut in halves cold boiled Brussels sprouts. Mix with sliced olives, gherkins and capers. Serve on lettuce leaves with mayonnaise dressing.

Frozen Cheese Salad

Put through the potato ricer 1 pound of fresh cottage cheese. To this add ½ teaspoon paprika and salt to taste. Cut moderately fine ¼ pound shelled pecans and 1 small-sized bottle of stuffed olives, reserving 3 or 4 to slice for garnishing the mold. Add the cut olives and cheese with 1 teaspoon finely chopped parsley. Whip solid cream and add to the cheese. Oil a mold and decorate the sides and bottom with thinly sliced olives. Put in the cheese mixture, fill the mold full to the top. Place an oiled paper over the top and bottom, tie firmly together and pack for 1½ to 2 hours in finely crushed ice and rock salt, using equal parts. When firm through, but not frozen too hard, slice and serve on lettuce with sliced tomato. Garnish with mayonnaise.

Asparagus Salad

Cut rings from a bright red pepper ⅓ inch in width. Slip 3 or 4 stalks of cold boiled asparagus through each ring and arrange on crisp lettuce leaves. Serve with a French dressing, to which has been added ½ tablespoonful of tomato catsup.

Sweetbread and Asparagus Salad

Combine equal quantities of sweetbread cubes, celery and chicken aspic. Decorate the mold with asparagus tips and serve with stiff mayonnaise on lettuce leaves.

Pimento Salad

Put through meat chopper 10-cent can pimentos and 1 pound American cheese. Chopping them together, add to this 1 pint boiled dressing; however, if dressing is made for this purpose use very little sugar in it. Use for sandwiches, or fill green peppers.

Cheese Salad

Use ½ pint cottage cheese and to this amount take 2 pimentos and cut in strips. Lay cheese in mounds on lettuce hearts,

or chicory if obtainable, and lay strips of pimentos on mounds. Use mayonnaise or French dressing. Very nice for sandwiches, using graham bread.

Nasturtium Salad

Wash thoroughly in ice water a sufficient quantity of leaves and blossoms, and with a silver fork stir into a dressing made of 4 tablespoons olive oil, 2 tablespoons of vinegar, ½ tablespoon of Worcestershire sauce, a level teaspoon of sugar, a teaspoonful of salt, and a pinch of celery salt. Arrange at once on freshly washed nasturtium leaves and serve with stiff mayonnaise dressing.

Potato Salad

Mix 1 tablespoon of flour with 1 tablespoonful of melted butter or bacon grease; add ½ teaspoonful of salt; 1 heaping teaspoonful of chili powder and 1 cupful of vinegar; boil and stir until smooth. Cut potatoes into small dice and add finely chopped onions to taste; then mix with the above dressing.

Shrimp Salad

To 1 can of shrimps add 1 teacup of chopped celery, 3 hard-boiled eggs, a few English walnut meats and pour mayonnaise dressing over all just before serving. Rinse shrimps in ice water before using and be sure to keep all thoroughly chilled; serve on lettuce leaf.

Nut Salad

Take equal portions of English walnut, hickory nut and pecan meats, add twice as much chopped celery as nuts, pour over all a good salad dressing and serve at once on lettuce leaves.

Neufchatel Salad

Season Neufchatel cheese with pepper and salt, mix with a little cream to make soft. Have ready whole blanched almonds. Cover these with cheese and form in egg shapes. Roll in finely ground almonds. Pile in nests of lettuce leaves. Serve with boiled dressing.

Adirondack Salad

1 can peas
3 tb. onion
4 tb. cream cheese
4 tb. sweet pickles
Boiled or mayonnaise salad dressing

Cut onions very fine and cut cheese and pickles in small pieces. Serve in cucumber shells.

Tomato Salad

A delicious salad may be made in Spring or early Summer from sliced tomatoes, laid on lettuce leaf, and sprinkled generously with minced baby onions and nuts. Serve with boiled dressing, mayonnaise or French dressing.

Combination Salad

Potatoes, onions, cucumbers and beets are very good combined for a potato salad. Also sliced hard-boiled eggs and beets make another nutritious and pleasant combination for a salad. Hollowed out beets or apples with scalloped edges make pretty individual cases. Shrimp or sardines may be added to any combination.

Frozen Salad

6 medium-sized tomatoes
1 large cucumber
1 c. celery
1 green sweet pepper
1 tb. grated onion
1 tb. kitchen bouquet
1 t. fresh grated horse-radish
1 t. salt

Put together with boiled dressing in oiled molds. Pack in salt and ice—1 part salt to 2 parts ice, for 4 hours. Dip mold in hot water for a second before unmolding on salad dish. Garnish with lettuce and celery curls.

Grapefruit Salad

Take out pulp of grapefruit and refill with:

1 c. of cubes of grapefruit freed from skin
1 c. Malaga grapes, seeded
1 c. marshmallows, quartered
½ c. broken pecan meats
½ c. raisins
1 c. pineapple chunks

Mix with boiled dressing 20 minutes before serving. Garnish with boiled dressing or mayonnaise.

Apple Salad

Peel 6 sound apples and take out large core, rub over with lemon juice. Have a syrup of 1 cupful sugar, 1 cupful water, juice of 1 lemon, boiling before putting apples in to cook. Turn apples from time to time until tender; remove and set aside to cool. Stick salted almonds in the sides of apples; fill core with pineapple, crystallized cherries and marshmallows. Serve as salad with boiled dressing or as dessert with foamy sauce.

Macaroni Salad

½ package macaroni, cooked and blanched
1 c. cabbage, shredded
1 c. celery
2 sweet green peppers
2 pimentos

Marinate macaroni with boiled dressing. Just before serving, combine the vegetables and garnish with boiled dressing.

Fruit Salad

One can California white cherries, 1 can pineapple, 2 oranges, 1 large bell pepper. Seed the cherries and put a blanched almond into each. Cut the pineapple and oranges into small blocks. Mix all together with a pint of boiled dressing. Put in a freezer and pack with ice. When ready to serve, place on nest of headed lettuce on large platter and garnish with green pepper cut into very thin rings.

Stuffed Tomatoes

Take large, well ripened, firm tomatoes, scoop all the inside fruit out smoothly, then stuff with the following: one cup boiled ham, chopped fine, 1 hard-boiled egg mashed, ⅓ teaspoonful prepared mustard, 1 teaspoonful of salt, a dash of cayenne pepper, 2 tablespoonfuls melted butter or olive oil, 2 green peppers, chopped fine, about 3 tablespoonfuls cracker dust. Mix well together, fill the tomatoes and place in ice cream freezer, pack in ice and let remain till frozen. Serve on lettuce leaves, with a dash of mayonnaise dressing.

Pomegranate Salad

Allow about 2 tablespoonfuls of the separated pomegranate meat (selecting dark red fruit) for each person. Mix with a little lemon juice, and heap in the center of pre-

pared lettuce leaves. Put a spoonful of highly seasoned mayonnaise on top, through which have previously been mixed 2 or 3 drops of scraped-out onion juice.

Orange Salad

Prepare everything ahead of time, but do not mix until ready to send to the table. Select lettuce leaves thoroughly drained. Seedless oranges, peeled, cut in thick slices, and then cut again into cubes—nearly ½ inch square.

Make a very highly seasoned French dressing, richer than usual in oil, and rather sweet. Scrape in nearly a teaspoonful of onion. Have a generous allowance of dressing. Pour over, and mix with orange cubes. Place on the lettuce leaves, and serve at once. If the lettuce is the hard or white kind, it is nice to shred just a little of it very fine, and mix with the oranges when the dressing is added—but only a *very* little.

Grapefruit Salad

(Delicious for formal dinners)

Remove sections of grapefruit, leaving the walls intact. Fill these with grapefruit, nut meats, orange, apple and figs, cut in small cubes. Pour over the sections dressing made of ½ cup olive oil, 1 teaspoon lemon juice, 2 tablespoons grapefruit juice, 1 tablespoon sugar. Dash paprika.

Vegetable Salad

2 c. cabbage
1 c. boiled potatoes
1 c. celery
1 small onion
1 sweet red pepper
2 hard-boiled eggs

Cut all ingredients fine, and mix well with boiled dressing.

Green Salad

1 canful peas
2 green peppers
1 large onion
1 tb. celery seed

Drain the water from the peas; add the onions sliced fine, celery seed and salt and pepper to taste. Let stand about 1 hour. Remove seeds from peppers, cut the peppers into rings and just before serving the salad, decorate with the pepper rings and boiled salad dressing.

Peach Salad

Peel large peaches and cut into halves; remove the stones and put on ice till very firm and cold; put them on lettuce and put on spoon of mayonnaise, mixed with a little whipped cream. In the center of each half place a ball made of cheese.

Pineapple Salad

Cut into strips 3 slices of Hawaiian pineapple and 1 canned red pepper. Place on ice until time of serving, then place on heart leaves of lettuce, and partially cover with cream mayonnaise, made as follows: beat until stiff ½ cup heavy cream, and add 3 tablespoonsful mayonnaise dressing, and season with salt and paprika.

Russian Salad

One cupful of cold potato cubes, cut in from ¼ to ⅓-inch blocks; 1 cupful of crisp celery cut across the grain in ⅓-inch sections; 1 cupful of pecan meats; the whites of 4 hard-boiled eggs cut in small strips. Toss lightly together, sprinkling with ½ teaspoonful of salt, and a dash of paprika. Mix with cream salad dressing. Mound on a round platter; garnish with a wreath of small, crisp head lettuce leaves and sift the 4 hard-boiled egg yolks on top of the mound.

Prune Salad

Chill stewed prunes and remove the stones. Fill cavities with peanuts. Arrange prunes in groups of three in nests of lettuce leaves and sprinkle with finely chopped peanuts. Serve French dressing.

Roquefort Cheese Salad

Dispose a head of lettuce in a salad bowl and sprinkle over about ⅓ cup of Roquefort cheese, cut into tiny cubes. Rub a bowl with the cut side of a clove of garlic; put in ½ teaspoonful each of salt and paprika, then 4 tablespoonfuls chili sauce; mix thoroughly; gradually beat in 7 or 8 tablespoonfuls of olive oil and pour over the lettuce and cheese.

Cheese and Vegetable Salad

Slice thin some peeled tomatoes and cucumbers. Make a quantity of cream-cheese balls, and heap these on lettuce

hearts in the middle of a flat dish, and put little piles of alternate cucumbers and tomatoes around; cover them with French dressing. The cheese balls may be plain or mixed with chopped nuts.

Cauliflower Salad

Take any cold cauliflower and break into good-sized bits and lay on a dish; in the middle put a cup of cold cooked peas; sprinkle with salt and a little pepper and chill well; in serving cover with French dressing, or mayonnaise, or dot the peas with the mayonnaise.

Mexican Salad

Cut 3 green sweet peppers and 1 small onion in a chopping bowl; then add 4 ripe tomatoes, chop fine and season with salt, add and mix thoroughly one teaspoonful of chili powder and pour in ½ cupful of vinegar and the grease from 4 or 5 slices of fried bacon. Serve in small salad dishes. This makes a splendid relish for meats and vegetables.

Cherry Salad

Strip a piece of skin from the side of a large banana and take out fruit without breaking the remaining skin. Wash, stone, and skin 1 pint of large, sour cherries; dust very lightly with salt and pepper, and pour over 3 tablespoonsfuls of olive oil and 1 of lemon juice. Mix and put them into the banana skins. Arrange on a dish of shredded lettuce, and serve. Use the bananas for baking, or serve them raw with cream.

Salmagundi

Dress this salad on a standing salad dish or fruit dish. Use chopped veal or chicken, hard-boiled eggs, whites and yolks chopped separately, sardines or anchovies; tongue, pickled beets or red cabbage; chopped pickles or capers, and parsley or water-cresses. Prepare all of these separately and arrange in little rows, placing colors so they will harmonize. Dress with plain French salad dressing, using three times as much oil as vinegar or lemon juice. If sardines are used, get the boneless sardines. Grated orange or lemon rinds are nice additions. Salmagundi is practically adapted for night suppers.

Pepper as Salad

In the last few years peppers are growing in favor both as a vegetable and for salads. For the latter it is excellent chopped up to give a flavoring to tomatoes, and mixed in with fresh cabbage, served with French dressing.

For more elaborate effects use the green peppers whole, stuffed with chopped sweetbreads, and serve on hearts of lettuce. Wash and cut off the tops of the peppers, carefully remove the seeds and set on the ice to chill.

Boil the sweetbreads and season them when still hot with salt, pepper, and plenty of butter. If a small piece of onion is put in the water in which they are boiled, the flat taste to which many persons object in using sweetbreads as salads, is removed.

When cold cut in dice about ½ inch square, and mix thoroughly with a highly seasoned mayonnaise. Fill the peppers with the sweetbreads and put a teaspoon of mayonnaise on top of each one.

Texas Onion Salad

On a bed of lettuce arrange a layer of sliced oranges, then a layer of Texas onions sliced as thin as paper. They should be soaked in ice water in which 1 tablespoon of salt and 1 tablespoon of sugar have been dissolved. On top of this arrange cubes of grapefruit and garnish with sweet red pepper and spoonful of boiled dressing.

Cucumber Salad

Cut medium-sized cucumbers lengthways; scoop out the inside; mix with French dressing, bits of tomato and a couple of small onions sliced. Return to shells; serve on lettuce leaves.

Chicken Salad No. 1

Boil a large, fat chicken until very tender, remove all bones and skin, take 4 stalks of celery which have stood several hours in cold water, 2 sweet cucumber pickles, whites of 2 hard-boiled eggs, tablespoonful celery seed. Chop and mix with chicken. For dressing take the hard-boiled yolks, teaspoonful of mustard, ½ teaspoonful sugar, ½ cup vinegar, 1 cup of olive oil, mix together and put on stove. Stir constantly. When hot pour over chicken and set in a cool place.

Chicken Salad with Almonds—No. 2

One good hen, ½ pound of almonds blanched, 3 stalks of celery. Steam or cook chicken until tender, having when ready to take from fire 1 quart or more stock. Cut chicken and celery same size. Cut almonds lengthwise, each into two or three pieces. Mix all lightly together, and add enough cooked dressing to season well. Serve on lettuce with mayonnaise or some kind of dressing with whipped cream. Stuffed olives may be added.

Chicken Salad No. 3

1 qt. chicken stock
1 small onion
½ pt. cold water
Yolks of 6 hard-boiled eggs
1 box Knox gelatin

Soak gelatin in cold water for 15 minutes. Put stock and onions on fire, season to taste with salt and pepper, bring to a boil. Strain into dissolved gelatin. Pour in ring mold and just before it sets add yolks, run through potato ricer. Fill center of ring with Chicken Salad No. 2, garnish with cheese. Or make chicken salad equal parts celery and chicken diced, and boiled dressing.

Gelatin of Sweetbread Salad

Cut into small dice sufficient cooked sweetbreads to make 1½ cups. Soak 1 level tablespoon of Knox gelatin in ¼ cup of cold chicken broth for 15 minutes. Then dissolve it in ½ cup of hot broth. When dissolved and beginning to cool, then add 1 teaspoon of salt, cayenne or paprika to taste, and the sweetbreads. Solid 1 cup of cream. When the gelatin and sweetbreads are thick, very gently fold in the whipped cream. Turn into dish and place on ice to become firm. When ready for serving lay on slice of tomato on a lettuce leaf, and serve with mayonnaise. Garnish with a stuffed olive.

Tomato Jelly Salad

To 1 can tomatoes add 6 cloves, 2 bay leaves, 2 slices of onions, 2 teaspoons salt, 2 teaspoons sugar, ½ teaspoon pepper; stew until soft, and strain; add ½ box gelatin soaked in cold water 1 hour; when thickened, but not set, put into wet, cold molds.

Fruit Salad

Make 1 pint gelatin and place in shallow pan to congeal. Cut up 1 grapefruit and 2 oranges, 1 can cherries and ½ pound marshmallows; cut gelatin in cubes and add to fruit. Arrange on a lettuce nest and serve with boiled dressing.

Cucumber Jelly with Tomato Mayonnaise

Peel 3 large cucumbers and cut in thin slices. Put in a saucepan; add 1 cup cold water and boil until cucumbers are soft; then force through a puree strainer. Add 3 tablespoonfuls Knox granulated gelatin dissolved in 1 cup water, 5 drops onion juice, a few grains each pepper and cayenne, 2 tablespoons vinegar and salt to taste. Color green; strain through cheesecloth and turn into a border mold. Chill thoroughly. Serve on lettuce and fill center with tomato mayonnaise made by adding tomato puree to mayonnaise dressing.

Tomato and Cream Cheese Salad

Choose medium sized tomatoes and slice very thick after peeling them. Drain well and wipe off each slice; on top of each put a thick layer of cream cheese mixed with chopped green peppers, and in the middle of each put a round of the pepper. Or, mix chopped red pimentos with the cheese and use either green or red pepper on top. Cover all with French dressing before serving and lay on lettuce.

Mexican Tomato Salad

Rub a salad bowl with clove of garlic in halves. Line the bowl with lettuce. Peel and slice 4 ripe tomatoes and dispose these above the lettuce. Add 1 chopped green pepper; a dozen olives cut in thin slices; sprinkle over tomatoes. Mix ½ teaspoonful of salt with 2 tablespoonfuls of lemon juice, then gradually beat in 5 tablespoonfuls of olive oil and turn over the salad.

Stuffed Tomato Salad

Peel medium-sized tomatoes, remove slice from top of each and take out seeds and some of pulp. Sprinkle inside with salt, invert and let stand in a cold place one hour. Fill tomatoes with chilled cucumber cubes, moistened with mayonnaise dressing. Arrange on lettuce leaves and garnish top of each with mayonnaise dressing, forced through a pastry bag and tube,

Chiffonade Dressing

In a jar, 1 hard-boiled egg, 1 teaspoonful chives, 1 tablespoonful, each, of green and red peppers, all chopped separately and fine. Add 1 teaspoonful salt, ¼ teaspoonful paprika, ⅛ teaspoonful pepper, ½ cup of oil, 3 tablespoonfuls vinegar and 1 teaspoonful tarragon vinegar. Chill and just before serving shake thoroughly.

Grapefruit Salad

1 large grapefruit
1 small head lettuce
1 sweet red pepper cut fine
1 fresh tomato cut fine in small pieces

Serve with French dressing in halves of grapefruit.

Simple Salads

One-half peach filled with cheese or cherries on lettuce.

One-half pear filled with Neufchatel cheese and nuts.

Club Salad

This is a novel and appetizing dish which is easily prepared. For each individual salad required, saute 3 rounds of bread in hot butter until crisp and brown. Put 2 of these together with a filling of minced chicken; spread the top with finely chopped celery and walnut meats, and lay on the third round of bread. Garnish this with slices of radish, place the whole on a bed of lettuce leaves, and serve with mayonnaise.

Fruit Salad

4 seedless oranges
½ lb. Malaga grapes
½ can pineapple, sliced
1 grapefruit
2 pears, canned, in halves
⅓ c. maraschino cherries

Peel, remove all white skin from oranges, and cut in quite large pieces, peel and split grapes and remove seeds, cut pineapple in small dice, peel and pull apart grapefruit in quite large pieces, cut pears in large dice, cut cherries in 4 pieces. Put all fruit in colander to drain, and afterwards mix with dressing.

Egg Salad

Boil 7 eggs till hard cooked, and when cold shell them, cut each through the center and remove the yolks. Next

make a mixture as follows: One tablespoonful of chopped ham, 6 chopped olives, 10 cooked mushrooms chopped fine, the yolks of the eggs and a high seasoning of salt, pepper and a dash of curry powder. Fill cavities of the egg with this, and replace together. Stick the eggs full of cloves, place on rings of green pepper and serve garnished with mayonnaise.

Normandy Salad

Mash 2 cooked egg yolks smooth and blend with 2 tablespoons of olive oil, then add 2 tablespoons of cream, 1 of tarragon vinegar and seasoning of salt, paprika and onion juice. Beat vigorously and pour over salad materials.

Cucumber Aspic

1 tb. Knox granulated gelatin
1 c. cold water
1 c. vinegar
1 t. salt
1 t. sugar
½ t. white pepper
Dash cayenne

Equal quantities cut in small cubes:
Tomatoes
Cucumbers
Celery
Apples
Green peppers
} 2 cups

A small bit of onion

Soften the gelatin in the cupful of water, and dissolve in the boiling vinegar, to which have been added the sugar, salt, white pepper and cayenne. Grate enough cucumbers to make a tablespoon of juice, and add to gelatin mixture when cooled but not set. Add desired vegetables to the gelatin just before it sets. Dip mold in cold water before filling with the aspic and dip the mold in warm water for a second before removing the molded gelatin. Garnish with celery and lettuce hearts.

Tomato Aspic Salad

Dissolve 2 tablespoonfuls of Knox gelatin in ½ cupful of cold water. Turn the contents of a can of tomatoes (or ½ dozen fresh tomatoes) into a porcelain lined sauce pan; add 1 teaspoonful of cloves and allspice, 2 tablespoonfuls of sugar, ½ teaspoonful of black pepper, and salt to taste. Cook about 20 minutes, strain through a sieve, and put on the fire again to boil; then mix with the soaked gelatin and strain. Turn into molds and set on ice for 2 hours.

Pimento Celery Salad

1 tb. Knox gelatin
1 c. boiling water
¼ c. vinegar
1 t. salt
1 tb. chopped almonds
2 tb. lemon juice

Strain and cool, when beginning to stiffen add celery, apples, 1 tablespoon raisins, 1 can pimentos. Turn into mold and chill thoroughly. Serve sliced with dressing, or mold in individuals and serve on lettuce hearts.

Mexican Salad

1 can tomatoes, stewed and strained
1 t. salt
1 t. cinnamon
1 t. sugar
1 t. allspice
1 pkg. Knox gelatin

Be sure to have 4 cupfuls of tomato juice. Add seasoning and then add the gelatin, which has been soaked for 15 minutes in ¾ cupful water. Pour into high, oblong molds and chill. When ready to serve, arrange on lettuce leaves. Slice three cucumbers with round notched cutter; take out the centers and put a stuffed olive in each. Decorate the salad with these and salad dressing.

Bohemian Salad

Mix chopped beets, boiled potatoes, and chopped cress. Garnish with sardines, and serve with French dressing. Pleasant combinations for summer salads are: celery seed with new cabbage, sorrel with veal, Chinese soy with rice and hard-boiled eggs, garlic with asparagus, mint with string beans, sour fruits with bananas, pineapple with cheese, cauliflower with Spanish sweet peppers, potatoes with beets, cucumbers with tomatoes, peas with tomatoes, chopped cucumbers with tomatoes, asparagus tips, dusted with Parmesan cheese, with tomatoes.

Honolulu Salad

Put a slice of raw or canned pineapple on a nest of lettuce leaves. Mash ½ cupful of cottage or Neufchatel cheese with a Spanish pimento; add a dash each of salt and cayenne or tabasco. Form into balls the size of walnuts, and place one in the center of each slice of pineapple; garnish with roses of mayonnaise dressing. For 6 slices, make ½ cupful of mayonnaise, and work into it 4 tablespoonfuls of dissolved gelatin. The gelatin must be cold, but not stiff.

Astoria Salad

4 large figs
1 t. lemon juice
1 c. cream cheese, melted
8 large dates
½ c. blanched almonds

Add the lemon juice to the cream cheese, with a pinch of salt, and beat thoroughly. Remove the stones from the dates and add the figs and almonds, chopping all together and beating to a smooth paste; add the cheese mixture and mix well together, shape into dainty molds or balls and serve on lettuce leaves with Salad Dressing mixed with an equal amount of whipped cream. When figs are unobtainable, use 1 cup maraschino cherries instead.

English Waldorf Salad

6 apples, chopped
1 c. celery, cut small
1 c. broken meat

Dressing—One egg, beaten, add 1 teaspoon mustard, 2 tablespoonfuls of lemon juice. Sugar to taste. Cook in double boiler. When cool add 1 cup good whipped cream.

Fruit Mayonnaise Aspic

1 large grapefruit
1 can large white cherries
1 can of sliced pineapple (cut)
½ lb. almonds
1 t. gelatin

Mix the fruit with enough of the juices to cover and add mayonnaise, then gelatin, dissolve in a little of juice held over hot water, stir and put in mold to cool.

Cheese Salad

Season Neufchatel cheese with salt and pepper, add a little cream if cheese is too hard. Mix in chopped pecans, roll into small balls, then roll balls into finely cut nuts, and place in cavity of white California pears. Serve in lettuce leaves with mayonnaise.

Combination Salad

Peel and cut into bits 6 large tomatoes (no juice). Add ¼ as much finely cut celery, 1 large cucumber, sliced, 1 green pepper cut fine, grated onion to taste, dash of paprika, 1 teaspoon Worcestershire sauce, ¼ teaspoon grated horseradish, salt to taste.

Mix thoroughly with one cup boiled salad dressing, fold in lightly whipped cream. Pack in ice 2 hours. Serve in chilled tomato cups, on lettuce or serve sliced with dressing.

White Salad Dressing

½ pt. milk
1 t. cornstarch
1 t. crisco
2 tb. vinegar
3 egg whites, creamed
Salt and pepper to taste

Cook milk and cornstarch. Take from fire and add salt, pepper, crisco and vinegar. Add the 3 egg whites beaten stiff and some cream.

Thousand Island Salad Dressing

1 c. mayonnaise dressing
1 tb. chili sauce
1 t. lemon juice
2 pimentos, chopped fine
1 green pepper, chopped fine
1 small cucumber, chopped fine
1 t. horse-radish

To the mayonnaise add the other ingredients and keep chilled; serve with any combination salad.

Cucumber Cream Dressing

One cup of the Boiled Dressing, ½ cup of whipped cream whipped lightly together, and just before serving add 1 cup of peeled chilled cucumber chopped very fine and lightly dried between soft cloth. This is delicious with aspics.

Boiled Dressing

2 egg yolks, beaten well
1 large tb. butter
½ c. lemon juice

Boil in double boiler until thick, cool, add a little salt and dash of cayenne pepper, cup of whipped cream.

Dressing

Rub together 1 tablespoon flour, 3 tablespoonfuls crisco, add ¾ cup water and cook. Mix 3 tablespoonfuls sugar, 2 teaspoonfuls salt, 1 teaspoon dry mustard and ½ cup vinegar and cook. Add to this the water mixture and 1 beaten egg and cook until smooth.

Celery Dressing

Cook 2 slices, each, of onion and carrot, ½ slice of lean bacon or ham, ½ stalk of celery, a branch of parsley, all cut fine, with a bit of bay leaf, in 3 tablespoonfuls butter until slightly browned; add 2 tablespoonfuls flour and stir until frothy, then add a cup of thick tomato puree, and stir until boiling; let simmer until reduced to one-half, skimmering as needed. Strain and set aside to become cold. When ready to serve fold it into ½ cup of mayonnaise dressing.

Cooked Salad Dressing

½ t. mustard
½ t. salt
Few grains cayenne
2 t. flour
1 egg yolk
¾ c. milk
1 t. melted crisco
¼ c. hot vinegar
1 t. sugar

Mix dry ingredients in a saucepan. Stir into them the egg yolk, crisco and milk. Stir the mixture over hot water until it begins to thicken; then stir in vinegar, a few drops at a time. When as thick as thick cream, strain and cool.

Russian Salad Dressing

1 c. mayonnaise dressing
1 t. pimentos, chopped fine
1 t. tarragon vinegar
½ c. olive oil
1 t. green peppers, chopped fine
½ t. paprika
¼ t. salt
½ c. chili sauce

Prepare the mayonnaise in the usual way, then to a cup of dressing gradually beat in ½ cup of oil, then the chili sauce, seasonings, vinegar and fine chopped vegetables.

Boiled Dressing

Yolks of 10 eggs may be used, or yolks of 5, in which case add 1 tablespoon flour to dry ingredients.

1 t. prepared mustard
1 t. salt
1 t. celery seed
½ t. white pepper
½ c. sugar
½ c. melted crisco
Dash of cayenne

Beat yolks very light. Add sugar and other dry ingredients. Pour melted crisco in last, beat in well. Have boiling in double boiler 1 cup of milk-white vinegar. Pour egg mixture into boiling vinegar and stir until thick. This keeps indefinitely if sealed in a glass jar. When ready to use add 1 cup whipped cream or ½ cup of sweet cream to 1 cup of dressing.

Boiled Salad Dressing

1 tb. sugar
1 tb. flour
1 tb. butter
1 t. mustard
1 c. milk
½ c. vinegar
Pinch cayenne
3 eggs (beaten lightly)

Add dry ingredients to eggs. Add butter to milk, pour mixture into boiling vinegar and beat until thick. Remove and continue to beat until cool. Add ½ cup whipped cream before serving if desired.

Sour Cream Dressing

1 c. sour cream
1 t. sugar
1 tb. lemon juice
1 t. salt
3 tb. vinegar
Pinch cayenne pepper

Place salt, pepper, and vinegar together in bowl. Mix well; add lemon juice, then vinegar. When perfectly smooth, add cream. Stir well and when ready to serve, set on ice.

Tomato Mayonnaise

Tomato mayonnaise is equally tasty with an egg salad. Bring ½ can tomatoes to the boiling point and let simmer until very thick, then rub through a sieve: there should be 2 tablespoonfuls of the tomato puree. Add to a mayonnaise dressing with ½ tablespoon each of capers, parsley, pickles, and olive, finely chopped.

French Dressing

Teaspoonful of salt, ⅛ teaspoon pepper, 5 tablespoonfuls of olive oil, 2 tablespoonfuls vinegar, and a few drops of onion or lemon juice if liked. Shake thoroughly before using.

French Mustard Dressing

Take 3 tablespoonfuls of mustard, 1 tablespoon sugar, and 1 egg. Mix to a smooth paste and gradually pour in a cup of vinegar. Let it come to a boil, stirring meanwhile.

The Making of Mayonnaise

Often troubles the inexperienced, while in reality, if the egg is fresh and cold, the oil thoroughly chilled, and the work done quickly and deftly, the process is a simple one. Either a silver fork, wire whisk, small wooden spoon, or Dover egg-beater may be used in its preparation. Oil for the making of mayonnaise should be thoroughly chilled, and the eggs should be fresh and cold.

It is desirable, although not necessary, for bowl to be placed in a larger bowl of cracked ice or ice-water.

Mix ¼ teaspoon of mustard, ⅓ teaspoon of salt, ¼ teaspoon powdered sugar, and a few grains of cayenne, add yolk of ½ egg and stir until well blended, then add a few drops of vinegar; then add oil gradually at first, drop by drop,

and stir constantly. As mixture thickens, thin with vinegar until that is used, then use lemon juice. Add oil alternately with vinegar or lemon juice until ¾ teaspoon lemon juice, ¼ teaspoon vinegar and ⅓ cup of oil have been used, stirring or beating constantly. After the mixture is well thickened the oil may be added in a slow, steady stream, while the beating is continued vigorously.

During the Making of Mayonnaise

If the conditions are not right, the mixture becomes curdled. The same thing may take place if too long a time is taken in its preparation. Should it become curdled, a smooth consistency may be restored by taking remaining half of egg yolk and adding mixture slowly to it, beating constantly. A mayonnaise, when done, should be stiff enough to hold in shape.

CHAPTER XI

CHEESE

Cheese Fondue

1 c. scalded milk
1 c. soft, stale bread crumbs
¼ lb. mild cheese, cut in pieces
1 tb. butter
½ t. salt
3 egg yolks
3 egg whites

Mix first five ingredients. Add yolks of eggs beaten until light. Cut and fold in whites. Pour into baking dish greased with crisco and bake about 20 minutes in a moderate oven. Serve at once.

Cheese can be prevented from molding by wringing a cloth out of vinegar and wrapping it around the cheese, and putting the whole in a large paper bag. Then put in a cool place, and the cheese will keep in fine condition.

Cheese Straws

1 c. grated cheese
1 c. flour
1 tb. butter
Yolk of 1 egg
Salt and cayenne to taste
Dash of paprika

Mix flour, cheese and salt together. Moisten with beaten yolks and melted butter. Work into paste, chill on ice; roll out in a thin sheet; cut in strips 5 inches long, ⅛ inch wide. Bake a light brown in a hot oven. Little rings can be made of the strips.

Cheese Straws

½ lb. cheese
2 egg yolks
Season with salt and cayenne

Rub to paste with back of spoon, add enough flour to make lignt dough, place on ice several hours, roll out thin and cut in strips. The new noodle cutter is fine for this, as it cuts uniform strips. Bake in moderate oven.

Cheese Straws

Sift 1 cup flour and mix 4 tablespoons of crisco and stir with a fork. Add 1 cup grated cheese and a teaspoonful of salt and 1 teaspoonful chili powder. Lastly add 3 tablespoonfuls ice water, roll on a board, about ¼ inch thick, cut in narrow strips and bake in a quick oven.

Cheese Pudding

1 c. milk
1 c. bread crumbs
¼ lb. grated cheese
1 t. melted butter
½ t. salt
3 eggs

Mix bread crumbs, cheese, butter, salt and milk, add eggs beaten until light. Pour in baking dish that has been greased and bake 20 minutes in a moderate oven.

Cheese Souffle

½ c. fresh bread crumbs
¼ c. milk
2 tb. grated cheese
1½ t. crisco
½ t. salt
1 egg
Few grains pepper

Cook the bread crumbs in the milk (in double boiler) until soft. Add the cheese, crisco, salt and pepper, and cook 1 minute. Separate the yolk from the white. Beat the yolk and add to the mixture. Fold in the stiffly beaten white last, pour into oiled ramekin and bake in a hot oven for 20 minutes. Serve immediately.

Macaroni with Cheese

Break ½ pound macaroni into inch pieces and put into saucepan of boiling water; boil 20 minutes, add a little salt while boiling, drain, put into a well buttered dish in layers, with pepper to taste, and bits of cheese sprinkled over each layer, and bits of butter. When the dish is full, pour over ¾ cup of milk or cream. Bake 15 minutes.

Cheese Souffle

3 eggs
¼ t. salt
5 tb. honey
¼ c. sour cream

Use either Neufchatel or cream, 10-ct. size.

Beat cream and cheese until smooth, add honey so that it is quite blended, add yolks, then beaten whites. Fill pastry cases and bake 25 minutes. They will puff over cases. If preferred can bake in dish without cases. Serve with cheese sauce made by beating thick sweet cream and cheese, first blending together with spoon, then with beater.

Cheese Dreams

2 t. baking powder
½ t. salt
1 c. flour
1 tb. crisco
⅓ c. milk
½ c. cheese

Mix and sift in the dry ingredients. Work in the crisco lightly with the tips of the fingers. Add liquid gradually and then sprinkle in the cheese, which has been grated. Toss on floured board, and roll out ¼ inch in thickness and cut with small cutter. Bake in hot oven 10 minutes and serve hot with salad course.

Cheese Fritters

Mix 5 tablespoonfuls flour, the yolk of 1 egg and enough sweet milk to make a batter. Then add a pinch of salt and pepper, 2 tablespoonfuls grated cheese and the white of the egg beaten. Beat this mixture well, then drop in small spoonfuls in hot crisco in a kettle and fry golden brown and serve very hot.

Cheese Gingerbread No. 1

1 c. molasses
4 oz. cheese
1 t. soda
2 c. flour
2 t. ginger
½ t. salt
½ c. water

Heat the molasses and cheese in a double boiler until the cheese is melted. Add the soda and stir vigorously. Mix and sift dry ingredients and add them to the molasses and cheese alternately with water. Bake 15 minutes in small buttered tins.

Cheese Gingerbread No. 2

½ c. molasses
½ c. sugar
4 oz. cheese
2 c. flour
1 t. soda
2 t. ginger
½ t. salt
¾ c. water

Rub the cheese and sugar together. Add the molasses. Mix and sift the dry ingredients and add them to the cheese mixture alternately with the water.

Cheese Custard

1 c. grated cheese
½ c. cream or rich milk
Yolks of 2 eggs
A speck of salt and paprika

Mix the cream and cheese and heat until the cheese is melted. Remove from the fire and add the yolks of the eggs. Bake in paper cases or buttered ramekins. Serve with jelly or preserves.

Baked Rice and Cheese

1 c. uncooked rice and 4 c. milk, *or* 3 c. of cooked rice and 1 c. milk
2 tb. flour
½ lb. cheese
½ t. salt

If uncooked rice is used it should be cooked in 3 cups milk. Make a sauce of 1 cup milk, add the flour, cheese, and salt. Into a buttered baking dish put alternately layers of the cooked rice and the sauce. Cover with buttered crumbs and bake until the crumbs are brown.

Nut and Cheese Roast

1 c. grated cheese
1 c. chopped English walnuts
1 c. bread crumbs
1 tb. butter
Juice of half lemon
Salt and pepper
2 tb. chopped onions

Cook the onion in the butter and a little water until it is tender. Mix the other ingredients and moisten with water, using the water in which the onion has been cooked. Pour into a shallow baking dish and brown in oven.

Cheese Souffle

1 tb. butter
3 tb. flour
½ c. milk (scalded)
½ t. salt
½ c. grated cheese
3 eggs
A speck of cayenne

Melt the butter, add the flour, and when well mixed, add gradually the scalded milk. Then add salt, cayenne, and cheese. Remove from the fire and add the yolks of the eggs beaten until lemon colored. Cool the mixture and fold into it the whites of the eggs beaten until stiff. Pour into an oiled baking dish and bake 20 minutes in a slow oven. Serve at once.

Cheese Souffle with Pastry

2 eggs
¾ c. thin cream
1 c. grated cheese
½ c. Swiss cheese cut into small pieces
Salt, cayenne pepper and nutmeg

Add the eggs to the cream and beat slightly, then add the cheese and seasoning. Bake 15 minutes in a hot oven, in patty tins lined with puff paste.

Cheese with Potato Puffs

1 c. mashed potatoes
¼ c. milk
½ t. salt
½ c. grated cheese
1 egg

Beat the potatoes and milk together until thoroughly mixed. Add the eggs and the salt and beat thoroughly. Finally add the cheese. Bake in muffin tins in a slow oven 10 or 15 minutes.

A similar dish may be made by scooping out the inside of a baked potato and mixing it with cheese as above. Fill the potato-skin shell with the mixture, return to the oven, and bake until light brown.

Cheese Sauce No. 1

To 1 cup white sauce, add 1 cup grated cheese, 1 teaspoon Worcestershire sauce, ¼ teaspoon mustard (dry) or ½ teaspoon prepared mustard, 1 yolk of egg, beaten into sauce, and ¼ cup double cream.

Cheese Sauce No. 2

Same as Cheese Sauce No. 1, except that 2 cupfuls of grated cheese or 8 ounces are used. They may be used upon toast as a substitute for Welsh rarebit.

Cheese Sauce No. 3

Same as Cheese Sauce No. 2, save that 2 tablespoonfuls of melted butter are mixed with the flour before the latter is put into the milk. This sauce is, therefore, rich in fat and has only a mild flavor of cheese.

French Spiced Cheese

½ lb. cream cheese
1 finely chopped tomato
1 t. paprika
½ c. milk or cream
2 tb. olive oil
Salt to taste

On a board chop the cheese and work it with a broad kitchen knife into a smooth paste. Add all the ingredients, and work it more with the knife until thoroughly mixed. Garnish with small olives and put on ice. Serve either with rye bread, crackers or toast.

Corn and Cheese Souffle

1 t. butter
1 t. chopped green pepper
¼ c. flour
2 c. milk
1 c. chopped corn
1 c. grated cheese
3 eggs
½ t. salt

Melt the butter and cook the pepper thoroughly in it. Make a sauce out of the flour, milk, and grated cheese; add the corn, chopped yolks and seasonings; cut and fold in the whites beaten stiffly, turn into a buttered baking dish and bake in a moderate oven 30 minutes.

Made with skimmed milk and with crisco, this dish has a food value slightly in excess of a pound of beef and a pound of potatoes. Calculated cost about 20 cents.

Cheese and Macaroni Loaf

½ c. macaroni broken into small pieces
1 c. milk
1 c. soft bread crumbs
1 tb. butter
1 t. each of chopped onion and parsley
3 eggs
1 t. salt
½ c. grated cheese
1 tb. chopped green pepper

Cook the macaroni in boiling salted water until tender, and rinse in cold water. Cook the parsley, onion and pepper in a little water with the butter. Pour off the water or allow it to boil away. Beat the egg white and yolk separately. Mix all the ingredients, cutting and folding in the stiffly beaten whites at the last. Turn the mixture into oiled dish; set the baking dish into a pan of hot water, and bake in a moderate oven from ½ to ¾ hour. Serve with tomato sauce.

Pimento and Cheese Roast

2 c. cooked lima beans
¼ lb. cream cheese
1 can pimentos, chopped
Bread crumbs

Put the first three ingredients through a meat chopper. Mix thoroughly and add bread crumbs until it is stiff enough to form into a roll. Brown in the oven, basting occasionally with melted butter and water.

Shapleigh Cheese

Cut stale bread in ¾ slices; remove crusts; spread with butter, and cut crosswise into finger-shaped pieces; stand the

pieces close together around the edge of a buttered pudding dish. Pour in the following mixture and bake in a hot oven 35 minutes. Serve very hot.

Beat 2 eggs slightly and add 1 cup thin cream, 1 tablespoon butter, 1 teaspoon salt, ½ teaspoon mustard, ¼ teaspoon paprika, a few grains cayenne and ½ pound mild cheese cut in small pieces.

Nut and Cheese Loaf

Two cups chopped English walnuts, 2 cups grated cheese. Mix alternately with butter and salt to taste. Add enough sweet milk to barely cover and bake about 30 minutes. This can be served either hot or cold and is a good substitute for a meat dish.

Cheese Balls

Make little balls of cream or cottage cheese, adding salt, pepper and a little cream, if necessary, to roll them. When they are finished, put a small fork or skewer in each one in turn, and so dip and roll it in American cheese till the white surface is completely covered with the yellow coating.

Frozen Cheese with Figs

Mash 2 good-sized cream cheeses and beat them with ½ cup of stiffly beaten cream till the whole is smooth; sweeten to taste; put into a covered pail or mold and bury in ice and salt 4 hours. When time to serve slice the shape in pieces 2 inches or more thick and from these cut rounds with the biscuit cutter; make a slight depression in the side of each by pressing a spoon on it, and into this put a rich preserved fig, stem end up.

CHAPTER XII

RICE

Steamed Rice

Look the rice over carefully, and place in a strainer set in a bowl of cold water. Wash it with the hands, changing the water as often as is necessary until all cloudiness disappears. Soak for 1 hour. Have the water boiling vigorously, add salt, drain the rice and sprinkle it in so slowly that the water does not stop boiling. Boil violently for 15 minutes but be careful not to overcook; when no hard core can be felt on pinching the kernel between the thumb and finger, it is done. Pour into a colander, saving the rice water for soup. Set the colander over a pot containing a little boiling water or in a cool oven and let it steam until ready to serve. Each grain should be large and perfectly distinct.

To Boil Rice

Pick out all discolored grains; wash it well in two waters; drop it into a kettle of boiling water previously salted; then set the kettle on the back of the stove over a slow fire, and let the rice simmer until done. One cupful of rice will require 1 quart of water. Never stir it and when it is thoroughly cooked, each kernel will stand apart by itself, plump and whole. When done pour immediately into a colander, and set it upon the coolest part of the stove. Toss it up lightly when put in the colander. It should be boiled in an open stew-pan. A tablespoon of lemon juice added to the water in which rice is boiling will aid in making the rice whiter and keeping the grains separate.

Rice Omelet

Beat a cup of boiled rice and 2 cups of milk to a smooth paste. Add 2 eggs well beaten, salt and pepper to taste. Fry until brown; cover with powdered sugar and serve at once.

Rice Fondue

1 c. boiled rice	½ t. salt
2 tb. milk	1 t. "A 1" sauce
4 eggs	1 c. grated cheese

Heat the rice in the milk, add the other ingredients; cook slowly until the cheese is melted. Serve on crackers or toast.

The food value is not far from that of a pound of beef of average composition.

Rice Bread

One cup rice flour, ¾ cup milk, 1 egg, 2 teaspoonfuls cooked hominy. The white of 1 egg beaten separately and added last. Bake about ¾ hour.

Rice Corn Bread

2 c. boiled rice
1 tb. crisco
2 c. corn meal
2 c. sour milk
2 eggs, well beaten

Mash the rice smooth; add the crisco to it; stir in at the last a teaspoon of soda.

Rice Cake

4 eggs
1 c. boiled rice
2 c. sweet milk
1 c. cold water
1 t. baking powder
A little salt
Flour sufficient to make a batter

Pour into a hot pan, and bake immediately.

Rice Waffles

Beat together 2 eggs, a scant teaspoon of salt. In another pan mash smoothly a cup of boiled rice, stir to this until melted a teaspoon of butter; add alternately sweet milk and flour to make a batter rather stiff; mix all together well. Bake in waffle irons and serve hot.

Rice Loaf

Line a brick mold with warm steamed rice, having walls from ¾ to 1 inch thick. Fill the center with cold boiled salmon, flaked and moistened with egg sauce. Cover with rice, set in a pan of hot water, cover with buttered paper and bake an hour. Turn on a hot platter, pour around egg sauce, and garnish with slices of hard-boiled eggs and parsley.

In order to prepare cold rice for croquettes and salads, spread well steamed rice on a large plate or platter.

Curried Rice

1 c. rice
1 c. tomatoes
1 small green pepper, sliced
1½ t. salt
4 c. water
1 large onion, sliced
2 tb. crisco
1½ t. curry powder

Wash the rice thoroughly through several cold waters. Pour the water over the rice hot, and stand where it will keep

hot, but not cook, for 30 minutes. When the grains are swollen to half again their size, add the other ingredients. Bake in moderate oven. Serve in baking dish.

Rice and Red Beans

Soak for 5 or 6 hours (over night is better) a pound of beans and simmer them for at least 4 hours in 2 quarts of water until beans are soft. Add a teaspoonful salt, a teaspoonful of butter, a small, finely chopped onion, 1 teaspoonful chili powder and let simmer for 2 hours longer. When about done add 1 cupful of well cooked rice. A pound of salt meat can be substituted for the above seasoning, excepting the onion and chili powder, which add greatly to the taste of the dish.

Hominy Scrapple

1 can hominy
1 c. tomatoes
1 onion
1 heaping t. crisco
1 t. salt
1 dash cayenne pepper

Grind hominy through food chopper, using coarsest knife. Cut onions in small pieces and fry in crisco till tender, then add tomatoes, salt, and pepper, cooking 15 or 20 minutes. Next add the hominy and allow to cook a short time, when it is ready to serve.

Rice in Shamrock Cases

Put a cup of milk and a slice of onion in a double boiler and let it come to the boiling point. Add 1 cup of well washed rice and let it cook until the rice is tender. Rub together an ounce of crisco, an ounce of grated cheese, a dash of mustard, 1 teaspoonful salt and pepper to taste. Stir this into the rice and heat thoroughly. Serve in shamrock shaped pastry shells, covering the mixture with coarsely chopped olives and surrounded with buttered green peas.

Banana Puree with Rice

Skin 6 ripe bananas, and rub them through sieve, with ½ cup of milk. Add a tablespoonful of sherry, and put this puree into the center of a glass dish, then sprinkle with a little granulated sugar. Boil 4 ounces of rice in milk. When done, drain and color with a few drops of red color. Arrange the rice round the edge of the dish, cover all with whipped cream, sweeten, sprinkle with a little ground cinnamon and serve.

Grits Bread

1 large teacup grits boiled and cooled, add:
½ c. corn meal
1 c. sweet milk
4 eggs, beaten separately
1 t. crisco
Salt to taste

Bake in fireproof dish. Serve in same.

Rice Bread

Put on a pint of milk and let come to boil, stir in 2 tablespoonfuls corn meal that has been wet in cold milk. Let cook thoroughly, take from fire, add 1 tablespoonful butter. Let cool, add 1 pint cold rice, 2 well beaten eggs. Bake quickly, serve in same dish.

Baked Rice

One cup rice brown or white, 2½ teaspoons salt. Wash the rice. Drain and put in a buttered baking dish. Add boiling water and salt, cover closely, and bake in a quick oven for about ¼ hour or until tender. Uncover in the last few minutes so as to allow the rice to dry off. Old rice absorbs more water than new rice. Brown rice requires about ½ cupful more water and ½ to ¾ hour longer cooking than white rice.

Spanish Rice

One cup white or brown rice, 4 large tomatoes, or ½ can tomatoes, 4 teaspoonfuls crisco, 1 tablespoonful sugar, 2 teaspoonfuls salt, ½ teaspoonful paprika, ¼ teaspoonful white pepper or a little cayenne, 2 green peppers, 1 medium-sized onion, sliced; bit of bay leaf, ground thyme.

Heat the butter and in it delicately brown the peppers and the onions. Remove and brown the rice, which has been looked over but not washed. Add all other ingredients. Cover and let simmer on the back of the stove until soft (¾ to 1 hour). Add boiling water as the rice swells. Brown rice will require a little longer cooking. The green pepper may be omitted. One cup of ham (boiled) cut in slivers, or cold chicken instead, may be added and all be made hot together.

Rice Mold with Fruit Compote

1 c. rice
½ c. milk
1 egg
2 tb. sugar
Lemon or vanilla flavoring
Fruit, stewed

Wash the rice clean, and boil in sufficient water until done. Drain the water off well. Add, while hot, a custard made of egg, milk and sugar. Flavor with lemon or vanilla. Cook until set. Form into molds and serve with stewed prunes, peaches or any other kind of fruit.

CHAPTER XIII

DEEP FAT FRYING

The most objectionable thing in most frying is the fact that the intense heat required for frying develops in animal fats, such as lard or butter, fatty acids which greatly irritate the digestive organs. It is for this reason that many families avoid using fried meats.

The art of frying is commonly misunderstood, and the products of the skillet are usually indigestible, ordinarily greasy, sometimes unsightly and generally unpalatable. When the fats are overheated, which is often the case with lard or butter (which burn at a low temperature), the foods themselves are rendered indigestible and sometimes positively injurious. To avoid this overheating, the cook frequently has the lard or butter too cool and the food cooked is rendered greasy and underdone.

An article well fried should come out as free from grease as though it had been cooked in water. This result can be obtained by immersion in hot crisco. Crisco may be heated to a temperature much hotter than lard without burning, and is therefore, on this account, as well as for other reasons, far more desirable than any animal fat.

The principle of deep fat frying lies in the fact that the articles to be cooked, when dropped into the very hot fat, form a crust on the outside of the food, which prevents the fat itself from penetrating the interior of the food. Cooked in this manner, chops, cutlets, fish, oysters, poultry, potatoes, croquettes, etc., will be found to be perfectly digestible, delicious in flavor and most appetizing in appearance. It is a maxim of cooks of the highest class that croquettes which will soil the fingers are unfit for food. When fried by immersion in deep fat, each article should come out dry and crisp.

Another characteristic of crisco is worthy of special mention in this connection. The fat itself is impervious to odors or flavors. Every one knows that lard, even boiling lard, takes up both odors and flavors, and when used for fish can not be used for anything but fish. The same pot of fat should be used over and over again for frying different foods and not one of them taste of the other.

Owing to this neutral quality of crisco, the same fat may be used over and over again until it is exhausted. This means a great saving in the quantity required.

All warmed-over foods, such as croquettes, should be dipped in egg and rolled in bread crumbs before frying. The egg, which is very rich in albumen, coagulates, forming a thin, grease-proof covering over the outside as soon as put into the fat.

In this manner these articles can be cooked without taking up any of the fat.

Directions for Frying

Use a deep frying pan or kettle. A wire frying basket to hold the articles to be fried, hung on a crook attached to kettle, is convenient, but they may be lowered into the fat and taken from it with a spoon-shaped wire egg-beater.

Put fat into frying kettle (cold) and bring slowly to the right degree of heat. Test it, and if of right temperature dip the basket or wire spoon into the fat to heat and grease it. If the basket is used, lay the articles in it and lower them until the fat covers them. When they are a delicate brown, shake a little and let the food drain for a moment before removing it to the paper. Reheat the fat, testing if necessary, and fry another batch of articles. When all the grease has been absorbed by the paper, arrange the food on a platter and garnish it.

TESTS

For deep frying, heat fat until a crumb of bread becomes a golden brown in

60 seconds for raw dough mixtures, as crullers, fritters, etc.

40 seconds for cooked mixtures, as croquettes, codfish balls, etc.

20 seconds for French fried potatoes.

Seconds may be counted thus: one hundred and one, one hundred and two, etc.

Apple Fritters

1½ c. sifted flour
1 tb. sugar
2 t. baking powder
¼ t. salt
¾ c. milk (about, or sufficient to make drop batter)
1 tb. melted crisco
2 apples cut in ¼-inch slices
1 egg (well beaten)

Sift dry ingredients into bowl, add milk and egg and stir liquid into the dry material, beating thoroughly, adding melted crisco last. Cover slices of apples with batter, dip out by tablespoonfuls and drop in deep crisco heated so that a crumb

of bread will brown in 60 seconds. Cook 3 or 4 minutes. Drain and sprinkle with powdered sugar, or serve with lemon sauce.

Doughnuts Made with Potatoes

3 tb. crisco
1 c. sugar, creamed
3 eggs
1 c. mashed potatoes (warm)
¼ c. sweet milk
2½ c. flour
3 t. baking powder
1 t. salt
1 t. mace
1 t. nutmeg

Cream crisco and sugar together, add well beaten eggs, then potatoes. Sift together the dry ingredients and add to the crisco mixture alternately with the milk. Add enough flour to roll. Cut all doughnuts before beginning to fry. Have crisco heated until a cube of bread becomes golden brown in 60 seconds.

Doughnuts

3 c. flour
1 c. sugar
2 eggs (whole)
1 c. sour milk
½ t. soda
1 tb. crisco
Little salt
Pinch of mace

Roll thin and cut. Fry in deep fat.

New England Doughnuts

1 tb. thick, sour cream
⅔ c. thick, sour milk
1 t. of soda
⅓ t. salt
1 egg beaten in
1 rounding c. sugar
⅔ t. vanilla
Pinch of ginger

Knead and roll to a thickness of ½ inch. Fry in hot crisco, turning many times and rolling in sugar if preferred.

Crullers

3 t. crisco
¾ c. sugar
3 eggs
6 tb. milk
3 t. baking powder
¾ t. salt
1 t. cinnamon
1 t. nutmeg
4 c. flour

Cream crisco, add sugar gradually and continue creaming. Beat eggs thoroughly with Dover egg-beater, and combine with milk. Mix and sift dry ingredients and add alternately with liquid to creamed crisco and sugar. Roll on lightly floured board to ½ inch thickness, cut and fry in deep crisco.

Note:—After draining, roll in powdered sugar if desired.

Doughnuts

1 c. sugar
5 tb. crisco
3 eggs
4 t. baking powder
1½ t. salt
1 c. milk
1 t. grated nutmeg
Flour to make soft dough

From 4½ to 5 cups flour sifted before measuring. Cream crisco, add sugar gradually, and eggs well beaten. Sift dry ingredients and add alternately to egg mixture. Roll out as soft as can be handled. Cut with cutter and fry in hot crisco. Heat crisco until a crumb of bread becomes a golden brown in 60 seconds. Sufficient for 60 doughnuts.

Nut and Potato Croquettes

Cook ¼ cup soft, stale bread crumbs with ¼ cup cream until of the consistency of a thick paste; cool and add ½ egg yolk and ⅓ cup pecan nut meats, broken in small pieces. To 2 cups hot riced potatoes, add 3 tablespoonfuls cream, ½ teaspoon salt, ⅛ teaspoon pepper, a few grains cayenne, a few drops onion juice and the yolk of 1 egg, beaten. Shape in small nests; fill with nut mixture. Cover with potato mixture, shape, dip in crumbs, egg and crumbs, fry in deep crisco and drain on paper. Arrange on a hot plate and garnish with parsley.

Potato Croquettes

Two cups cold mashed potatoes, free from lumps, 2 eggs well beaten, 1 tablespoon of melted butter, salt and pepper to taste; form into cakes, roll in beaten egg and cracker crumbs, and fry in deep crisco.

Parsnip Balls

Boil in salted water until tender. Mash and season with butter, pepper and salt. Add a little flour and 2 well beaten eggs. Form into small balls and fry in hot crisco.

Cheese Fritters

Slice thin half a dozen large, tart apples, and prepare half as many slices of cheese. Beat up 1 or 2 eggs, according to the quantity required, and season with salt, mustard and a

little pepper. Lay the slices of cheese to soak a few minutes in the mixture, then put each slice between two slices of apple, sandwich style, and dip the whole in the beaten egg. Fry in crisco and serve hot.

Golden-Ball Fritters

Put into a stew-pan a pint of water, a piece of butter as large as an egg and a tablespoonful of sugar. When it boils stir into it 1 pint of sifted flour, stirring briskly and thoroughly. Remove from the fire, and when nearly cooled beat into it 6 eggs, each one beaten separately and added one at a time, beating the batter between each. Drop the stiff dough into deep crisco by teaspoonfuls. Eat with syrup, or melted sugar and butter flavored with vanilla.

Rice Croquettes

2 c. boiled rice
1 egg, beaten
Few drops of onion juice
1 tb. lemon juice
½ t. salt
White or cayenne pepper to taste
2 tb. minced parsley
2 tb. melted butter

Mix all ingredients together, and shape the mixture first into balls and then into cylinders. Roll them in sifted bread crumbs and then in slightly beaten egg until every part is covered; roll in crumbs a second time. Fry in crisco until golden brown. Serve plain or with tomato or cheese sauce.

Pineapple Fritters

Pare and core a pineapple and slice it into large, even, round slices. Sprinkle each piece with pulverized sugar, then prepare your batter. Break 4 or 5 eggs into a deep dish, yolks and whites separate, add a pinch of salt to each dish of eggs, and 1 tablespoon of sugar to the yolks. Add 1 cupful of sweet milk and enough sifted flour to the beaten yolks to make a thin batter, about 1 tablespoonful of flour to each egg; beat very smooth, add 1 teaspoonful of baking powder, and last add the stiff-beaten whites of the eggs. Before you begin to fry the fritters, see that the crisco is proper temperature. Dip each piece of pineapple in the batter and fry.

Cheese Aigrettes

¼ c. water
2 tb. crisco
4 tb. grated cheese
1 c. flour
2 small eggs
½ t. salt
Pinch of pepper

Add crisco to boiling water. Stir in flour and beat well until mixture is smooth and leaves pan clean. Cool and add cheese and egg, salt and pepper. Beat well. Drop mixture by teaspoonfuls into hot crisco. Crisco should not be too hot, or cheese will burn. Test: cube of bread should brown in 70 seconds. Fry until a golden brown, cool, drain and sprinkle with grated cheese. Serve hot.

Corn Fritters

1 c. flour
1 c. sweet milk
1 t. baking powder
1 tb. sugar
½ t. salt
1 can crushed corn
2 eggs

Sift baking powder, sugar and flour. Put corn in bowl and add salt, pepper and crisco, add well beaten yolks, then flour and milk. Cut in stiffly beaten whites. Drop by spoonfuls on a criscoed griddle. Fry brown on both sides. These fritters are a palatable accompaniment to roast chicken. Fresh corn may be used.

Strawberry Fritters

Beat the yolks and whites of 2 eggs, separately, to a stiff froth and then add to the yolks 1 saltspoonful of salt, 1 tablespoonful of sugar and 2 tablespoonfuls of melted crisco (very gradually); blend thoroughly and when well mixed gradually stir in a little at a time, 1 cupful of sifted flour, 1 teaspoonful of baking powder, ½ cupful of cold water and a cupful of strawberries that have been cut in quarters and allowed to drain for 10 minutes. The batter should be very thick and should be allowed to stand in the ice-box for an hour before using, folding in the whipped egg whites just previous to cooking. Fry by the spoonful in deep, hot crisco and roll in powdered sugar, serving with a hard sauce.

Hominy Croquettes with Tomato Sauce

2 c. hominy
2 eggs
⅛ t. pepper
2 t. salt
Dash of paprika
½ t. grated nutmeg

Soak the hominy in cold water 24 hours; then boil 4 hours slowly. Put through meat chopper while warm; then add

the salt, pepper, paprika, nutmeg and egg, which is well mixed, but not light. Take into floured hands and form into cone shapes; then dip in egg (1 egg beaten with 1 tablespoon cold milk); then in bread crumbs; fry in deep, hot crisco or bake in oven. Serve with sauce.

Put 1 cup strained tomatoes into saucepan, add 1 tablespoon grated onion, salt and pepper to taste, 1 teaspoon cornstarch wet with a little cold water; boil 3 minutes. Serve around the croquettes.

Rice Croquettes

½ cupful rice, washed and steamed. When cold add

1 tb. melted crisco
¾ c. grated cheese
Salt to taste
1 egg beaten very light

Form into croquettes, roll in flour, and submerge in deep crisco heated until a crumb of bread will turn a golden brown in 40 seconds.

Sweetbread Croquettes

¾ c. thick white sauce
1 lb. sweetbreads

Prepare sweetbreads as for fried sweetbread. When cooked, chop up finely and mix with white sauce. Shape into croquettes. Dip into beaten egg, roll in bread or cracker crumbs, and fry in crisco till of a golden brown color.

Pasta de Gallina—Chicken Pasties

Use 1 cup mushrooms to 4 cups of cold minced chicken; add 1½ cups of white sauce; the well beaten yolks of 2 eggs; 1 teaspoon of onion juice; 1 teaspoon of minced parsley, salt and chili powder to taste. Shape into little cakes, crumb and egg them and fry in deep, hot crisco.

Oyster Fritters

One cup flour, ¼ teaspoon salt, ⅔ cup milk or water, 4 eggs, 1 tablespoon olive oil. Mix salt and flour. Add milk gradually, beaten yolks, then oil, and lastly stiffly beaten whites. Fry as directed for fruit fritters.

Sweetbread Timbales

1 pair sweetbreads
1 c. white sauce No. 3
2 eggs
Seasoning
¼ c. crumbs

Wash the sweetbreads and remove the tough connective

tissue. Put into cold water for 1 hour, drain, and simmer for 20 minutes in salted water to which a teaspoon of vinegar or lemon juice has been added. Cut into small pieces and mix with the sauce, seasoning and crumbs. Add the well beaten eggs, turn into molds and cook as above.

Hominy Crescents

Soak ½ cup hominy in ½ cup water 15 minutes; put on to cook in double boiler with 1½ cups of milk; when done, add ½ teaspoon of salt, ¼ teaspoon paprika, a grating of nutmeg and 2 egg yolks, spread in a shallow pan ½ inch deep to cool; when cold, cut in crescents, crumb, egg and crumb and fry in deep fat.

Cheese Croquettes

3 tb. butter
¼ c. flour
⅔ c. milk
1 c. cheese cut in small pieces
½ c. grated cheese
Salt and pepper
Yolks of 2 eggs

Make with a white sauce, using the butter, flour, and the milk. Add the unbeaten yolks and stir until well mixed, then add the grated cheese. As soon as the cheese melts, remove from the fire, fold in the pieces of cheese, and add the seasoning. Spread in a shallow pan and cool. Cut into squares or strips, cover with an egg and crumb mixture, and fry in deep crisco.

Cheese Balls

½ c. dry bread crumbs
1 c. grated cheese
1 egg
¼ t. salt
¼ t. mustard
A few grains cayenne pepper

Mix dry ingredients, add egg, shape in small balls, and fry in deep crisco.

Nut Balls

½ lb. cold sweetbreads or other meat
1 doz. chopped blanched almonds

Add 1 egg and form into balls. Roll in raw egg and bread crumbs and fry in deep crisco, hot enough to brown a crumb of bread in 40 seconds.

Meat Croquettes

2 c. cold meat
1 t. chopped parsley
Dust of nutmeg
¾ c. brown sauce
1 t. salt
⅛ t. pepper
1 egg beaten
Bread crumbs

Mince meat fine. Make the sauce hot (not boiling), add meat, parsley, nutmeg, salt and pepper, and mix well. Turn onto plate, divide into 12 equal portions and leave to cool. When cool enough take each portion and shape into balls, pyramids or oblongs, brush with beaten egg, coat with bread crumbs and fry in crisco hot enough to brown a cube of bread in 30 seconds. Drain thoroughly. One cup mashed potatoes may be added to the mixture, if liked.

Codfish Balls

1 c. mashed potatoes
½ c. shredded codfish
1 tb. crisco, melted
⅛ tb. pepper
1 egg

Mix the hot, unseasoned potatoes with codfish. To this add the melted crisco, beaten egg and pepper. Beat well. Shape and roll in bread crumbs, dip in egg, and fry in crisco until a golden brown color.

Rice Croquettes

1 c. well washed rice
2 tb. chopped parsley
3 eggs
Cayenne
4 c. milk
2 tb. butter
Red currant jelly
Salt

Place rice, milk, butter, salt and cayenne pepper in upper part of double boiler, let cook till rice is soft and milk is absorbed. Remove from fire, add the beaten eggs and parsley; cool and mold into desired shapes. One tablespoon of mixture makes a nice size croquette for cylinders or round cakes with a hole in center filled with jelly. Egg and bread crumb, and fry in deep crisco until a delicate brown. Drain on soft paper.

Chicken Croquettes

Boil 1 good size chicken until tender. When cold grind the meat in food chopper; add:

2 c. bread crumbs
½ c. melted crisco
1 t. finely minced onion
2 tb. finely minced celery
Salt to taste
Dash of paprika

Add 3 eggs and enough of the chicken broth to form into

croquettes. Have deep crisco hot enough to brown a crumb of bread in 40 seconds. Roll croquettes in flour, dip in egg, cover with bread crumbs, and fry in basket. Have crisco deep enough to cover croquettes, so they brown evenly. (Makes 25 good-sized croquettes.)

Lentil Croquettes

(Substitute for Meat)

Soak the lentils for 12 hours and set on stove in boiling water. Cook for several hours (older they are, longer time required) and rub through sieve, salt, pepper and onion juice to taste, added to them, the mixture thinned with cream. Form the mixture into croquettes, dip in egg, roll in cracker crumbs and fry in crisco. Garnish with tomato sauce.

Deviled Chicken Fritters

Beat 2 eggs thoroughly and blend with ½ cup each of deviled chicken and ham (or tongue) to which has been added a cupful of boiled rice or freshly mashed potatoes (if neither is available a pint of bread crumbs may be scalded in sufficient hot milk to moisten, and then mixed with meat). Add 1 cup of flour sifted with a teaspoon of baking powder and a little cream until soft enough to drop by spoonfuls. Fry in deep crisco.

Lima Bean Croquettes

Boil lima beans until tender, drain and mash them. To 2 cupfuls of mashed beans add 2 eggs, well beaten together; salt and white pepper to taste and enough cream to soften. Allow to cool, then shape. Dip croquettes in egg, then in bread crumbs and fry in crisco heated until a cube of bread will turn golden brown in 40 counts. Drain and serve with tomato sauce.

Bean Croquettes

1 c. white beans, boiled and rubbed through sieve
1 tb. butter
1 beaten egg
Salt
Pepper
Dash of paprika

Stir mixture and turn on floured board and form into croquettes, dip in egg, roll in cracker crumbs and fry in deep crisco.

Sweet Potato Croquettes

2 c. mashed sweet potatoes
2 egg yolks
1 tb. crisco
1 t. salt
Pinch of pepper
½ c. raisins or chopped nuts

Melt crisco in saucepan, and add the potatoes. When hot add 1 beaten egg yolk, nuts or raisins, and salt. Make into balls, roll in egg yolk, then in bread crumbs, and fry in deep crisco hot enough to brown a cube of bread in 40 seconds.

Macaroni Croquettes

Break one-third of a package of macaroni and place in boiling salted water and cook for 30 minutes; then drain and chop finely. While doing this, bring to a boil ½ pint of milk, adding to it 2 tablespoonfuls of flour, and stir until a thick paste is formed. To this paste add ½ pound grated cheese and 2 tablespoonfuls of chili powder and the yolks of 3 eggs, mixing thoroughly; cook for a moment, then season to taste, add the macaroni and let cool; when cold form into croquettes, roll in cracker crumbs and fry in deep, hot crisco.

Rice Croquettes

1 pt. cold rice
1 t. butter
1 egg
Pinch of salt
¼ c. milk

Shape and roll in cracker crumbs and egg and fry in hot crisco.

Sweet Rice Croquettes

Cook ½ cup rice in 1 cup sweet milk until rice has absorbed milk, add 2 tablespoonfuls sugar, 1 tablespoon butter and pinch of salt, and let rice stand in double boiler until ready to use, at which time beat in 2 eggs, shape, dip in egg, roll in crumbs and fry in deep crisco. Serve with sauce.

Potato Croquettes

Add a little butter, yolk of an egg, dash of cayenne pepper and a little minced parsley. Make into small balls and fry in hot crisco.

CHAPTER XIV

BREAD

Back of the loaf is the snowy flour
And back of the flour is the mill,
And back of the mill is the wheat and shower
And the sun and the Father's will.

—Good Housekeeping.

Bread has been called the staff of life and from this indication of its importance it would seem unnecessary to call attention to the great wrong done by poor bread. It would seem as though we could have no poor bread. Many families are underfed, because they consume large quantities of bakeshop products, or products made of inferior flour, and do not take sufficient protein food. Whole wheat bread spread with butter is a perfect food and next in point of nutrition comes rye bread, which is always combined with white flour, as rye used alone will be found heavy and gluey and hard to digest. Graham flour is nutritious and excellent for those of sedentary habits, or those who, for any reason, suffer from constipation.

In selecting flour for bread, spring wheat will be best when yeast is used and winter wheat may be used for biscuit. We use several methods in making bread, such as leavening it with soda and sour milk or baking powder, which produces carbon dioxide, and this is unfermented bread. Many consider soda and sour milk the most wholesome hot bread. Those who object to high priced baking powder may make excellent baking powder by using the following proportions: 1 teaspoon of soda, 2 teaspoonfuls of cream of tartar sifted together; to each 12 tablespoonfuls of this mixture add 4 tablespoonfuls of cornstarch.

Baking powder mixtures are made light by the liberation of gas in dough and as soon as moisture is added gas will begin to escape and for that reason all baking powder mixtures should go into hot oven immediately. Soda is combined with cream tartar, ½ teaspoon soda to 1 cup sour milk and 1 part soda to 2 parts cream tartar. Acids found in molasses, brown sugar and lemons act in the same way as sour milk.

Another form of unfermented bread is aerated bread, where by some process, air is enclosed, as beating in popovers, or pounding air into beaten biscuit. Yeast is the lowest form of vegetable life: it consists of spores, or germs which grow by budding, requiring moisture and heat and ferment for propagation or fermentation.

Dry, liquid or compressed yeast may be used. Fleischmann's compressed yeast is prepared under most hygienic conditions in a sanitary factory and is universally used.

Points well to remember about yeast are as follows: Yeast germ is killed by using water at 212° F. and retarded, if not totally killed, at 32° F.

A fresh cake of yeast is necessary for well flavored bread. A fresh cake will be light colored, crumbly and give slightly sour odor. When yeast is soft and very sour it should not be used.

More bread would be made and consequently less money spent for other articles of diet, if a short process of making was employed. Use a method whereby the bread may be raised and baked within six hours. For that purpose we would add sugar to our sponge, as that hastens the fermentation, and set out of draughts at a temperature of 68 degrees or 70 degrees.

The ferment in the yeast converts the starch into sugar and that in turn into alcohol and carbon dioxide and thereby lightens the mass by filling it with bubbles. By the time this has been accomplished we add more flour, salt and shortening and knead well to break the bubbles and distribute the air cells.

To knead push dough with the palm of the hand and fold forward with fingers. Use as little flour on board as possible, as soft dough makes more tender bread. The more carefully it is kneaded, the finer the grain and this means until it is smooth and elastic.

When bread is allowed to rise over night, less yeast is used: ¼ cake to a pint of liquid will be sufficient. If the dough has a yeasty, sour taste, dissolve ½ teaspoon soda in 3 tablespoonfuls warm water, add 2 tablespoonfuls sugar and work into dough.

Bread should be baked in a pretty hot oven. Loaf should not continue to rise in the oven after 10 minutes and for that

reason care is taken not to allow crust to form too soon before heat has reached center of loaf and killed the fermentation. Bread that continues to rise too long in oven will be coarse grained. After bread completes rising in oven reduce heat. It will require from 50 to 60 minutes for loaf weighing a pound. To determine that bread is baked thoroughly, you will find it is easily removed from pan as it shrinks and should give off hollow sounds on being tapped with finger.

Rolls require more heat than loaves, and should be baked in from 12 to 20 minutes according to size. If very crusty bread is desired, brush over with milk or white of an egg. If tender crust is desired brush with cream or butter before removing from oven. As much depends on manner of cooling bread as making and baking. Loaves should be immediately removed from pans to cool on wire trivet, or if one is not convenient, use rack out of refrigerator and elevate it above the table by placing at four corners cups or glasses. A free circulation of air is necessary to prevent bread from sweating and cooling unevenly. A stone jar, or a tin cake or bread box with few perforations in end of the box is the best receptacle for keeping bread fresh and moist.

Popovers

1 c. flour
½ t. salt
⅞ c. milk
2 eggs
2 t. melted crisco

Mix salt and flour; add milk gradually in order to obtain a smoother batter, add eggs beaten until light; add melted crisco. Beat 5 minutes—using a Dover egg beater—turn into hissing hot iron gem pans, greased with crisco, and bake 30 to 35 minutes in a hot oven.

Drop Dumplings

2 c. flour
½ t. salt
2 t. baking powder
1 scant c. milk
1 tb. crisco

Mix the flour, salt and baking powder; stir in the milk and drop the batter by spoonfuls into the boiling stew. Cover and cook for 10 minutes. If preferred, they may be dropped on a buttered plate and cooked in a steamer over boiling water. In either case they should be served immediately.

Rolled Dumplings

⅓ c. crisco
1 c. flour
½ t. salt
¼ c. cold water

Cut crisco into the flour and salt; then with a knife stir in the water, ice-cold. When thoroughly mixed roll the dough into tiny dumplings about the size of a marble; drop them into the soup; simmer for 15 minutes and serve.

Batter Roll

One cup flour, add sweet milk until it forms thin batter. Add little salt and yolks of 4 eggs and beat with Dover egg-beater until full of bubbles. Lastly fold in well beaten whites and pour in well greased frying pan. Cover bottom, and when browned, turn quickly. When done turn out on hot plate and spread in it jelly or marmalade and roll like jelly roll. Serve immediately.

Flannel Cakes

3 c. flour
2 c. sour cream
1 t. baking powder
½ t. salt
4 eggs

Sift dry ingredients into mixing bowl; add sour cream, add yolks and whites separately, well beaten. Beat the whole mixture well and bake on soapstone griddle. Beat well each time before baking.

Pumpkin Corn Bread

2 c. corn meal
1 tb. shortening
1 t. sugar
½ t. salt
½ t. soda

Enough buttermilk to make a stiff batter. Make into small pones and bake in a hot oven. Can't be beaten served with fresh pork.

Bran Muffins (Laxative)

2 c. wheat bran
2 c. wheat flour
1⅓ c. milk
1 t. salt
1 t. soda (scant)
6 tb. molasses

Bake half hour. Especially good for invalids.

Graham Muffins

½ c. sugar
2 c. graham flour
1 c. milk
1 tb. butter
2 t. baking powder

Bake in muffin pans 20 to 30 minutes in hot oven.

Wheat Muffins

1 pt. flour
1½ c. milk
1 egg
1 t. melted crisco
½ t. salt
3 t. baking powder
1 tb. sugar

This makes one dozen. Bake in hot, greased gem pans.

Cornmeal Sticks

2 c. meal
1½ c. buttermilk
2 eggs
1 t. salt
1 tb. shortening
1 tb. soda

Lastly, add 1 tablespoonful soda dissolved in a little warm water. Beat 2 eggs in last. Bake in muffin rings or sticks.

Dixie Cornmeal Muffins

1 cake Fleischmann's yeast
2 c. milk, scalded and cooled
2 tb. light brown sugar
1 tb. crisco
2½ c. cream meal
1 c. sifted flour
2 eggs (well beaten)
1 t. salt

Dissolve yeast and sugar in lukewarm milk. Add crisco, cornmeal, flour, eggs and salt. Beat well, fill well oiled muffin pan ⅔ full. Set to rise in warm place, free from draft, until light, about 1½ hours. Bake in hot oven 20 minutes. For over night use ¼ cake yeast, and an extra ½ teaspoon salt. Cover and keep in cool place.

Cornmeal Muffins

2 c. meal
2 eggs
1 t. soda
½ t. salt
1 c. meal
2 tb. crisco melted

Add milk gradually, then balance of meal, etc., then the eggs. Bake in hot rings well greased.

Date Muffins

2½ c. sifted pastry flour
2 t. baking powder
¼ t. salt
1 tb. crisco
2 tb. sugar
1 egg
½ lb. chopped dates
1 c. milk

Sift flour, then measure, add baking powder, salt and sugar; sift three times and set aside, cream crisco and sugar, add egg, then chop dates, then milk and flour alternately and beat well.

Rice Muffins

2½ c. flour
1 c. boiled rice
2 t. baking powder
½ t. salt
1 c. milk
1 egg, well beaten
¼ c. melted crisco

Sift together thoroughly the flour, baking powder and salt. Add the rice, working it with the tips of the fingers, and gradually the milk, egg and crisco. Bake in gem pans.

Corn Griddle Cakes

¼ c. cornmeal
¾ c. boiling water
Milk (about ½ c.)
½ t. salt
1 c. flour
2 t. baking powder
1 egg
2 tb. molasses

Add meal to boiling water and boil 5 minutes; when lukewarm stir in the milk; add dry ingredients, sifted, the beaten egg and molasses. Bake on a hot griddle and serve with butter and maple sugar.

Crumb Cakes

¾ c. bread crumbs
1 c. milk
½ tb. crisco
1 egg
½ t. salt
½ c. flour
2 t. baking powder

Cook the crumbs, milk and crisco for 15 minutes; rub through a sieve; cool and add the yolk of the egg and the dry ingredients sifted. Fold in the white and bake on a hot griddle.

Whole Wheat Cakes

1 c. entire wheat flour
1 c. flour
1½ t. baking powder
¼ t. salt
2 tb. sugar
1 egg
2 c. milk
1 tb. melted crisco

Sift together the flour, baking powder, salt and sugar. Beat egg; add milk, and pour slowly upon first mixture. Beat thoroughly and add crisco. Bake on well greased griddles.

Graham Bread

1 c. sweet milk
1 c. wheat flour
1 c. graham flour
2 t. Royal baking powder
4 tb. sugar
2 tb. melted crisco
2 eggs
1 t. salt

Beat eggs light; add to them the milk. Sift the white flour, baking powder, salt, and sugar together. Stir in the milk and eggs, then add crisco and the graham flour. Bake in hot oven.

Squash Biscuit

½ c. cold winter squash
½ c. milk
1 egg
½ c. corn meal
½ c. flour
¼ t. salt
1 t. baking powder

Beat the squash with the milk and egg; add the other ingredients; mix all together into a smooth batter and bake in small cakes on a hot griddle.

Reception Biscuits

2 c. flour
1 c. sugar
½ c. butter
2 t. baking powder
1 t. powdered cinnamon
1 c. milk
1 c. cleaned currants

Sift the baking powder with the flour, add the sugar, then rub in the butter, and add the currants and cinnamon. Mix with the milk and knead lightly on a floured baking-board. Bake in a square buttered cake-tin for about half an hour. Cut in squares, then split them open and butter them. Serve warm with some sort of jam or marmalade.

Rice Bread

½ c. cold rice
½ c. white meal
½ c. flour
½ t. baking powder
¼ t. salt
1 egg
½ tb. melted butter
⅓ c. milk

Mix the dry ingredients thoroughly; add the egg beaten with the milk and melted butter. Pour into shallow greased tins and bake in a moderate oven.

Beaten Biscuit

2 c. flour
1 t. salt
1 t. sugar
3 tb. crisco
⅓ c. milk
⅓ c. water

Sift together the dry ingredients. Cut the crisco in with a knife or work in lightly with the tips of the fingers. Mix sugar, milk and water together; chill thoroughly and add gradually to the dry ingredients. Everything should be as cold as possible. Mix into a smooth, elastic dough, and put on a floured board. Beat into a thin sheet with triangular biscuit beater. Sprinkle over with pastry flour. Roll up like jelly roll and continue the beating in the same way until the dough is smooth and velvety and blisters when rolled out. Roll to ⅛ inch in thickness and cut into small biscuits, prick in center and set in refrigerator for an hour before

baking. These should be baked in a moderate oven and the gas turned off when the biscuits are golden brown. Allow the biscuits to remain 10 minutes in the cooling oven to dry out. These biscuits are similar to a cracker.

Pin Wheel Biscuits

2 c. flour
4 t. baking powder
½ t. salt
2 tb. sugar
3 tb. crisco
⅔ c. milk
⅓ c. raisins cut fine or currants
2 tb. citron

Mix dry ingredients and sift. Work in crisco with tips of fingers, add gradually the liquid, mixing with a knife to a soft dough. Roll to ¼ inch thickness, brush over with melted crisco and sprinkle with fruit, 2 tablespoonfuls sugar and cinnamon. Roll like a jelly roll; cut off pieces ¾ inch thick. Place in greased pan and bake in hot oven for 15 minutes.

Whole Wheat Biscuits

3 c. whole wheat flour
1 t. salt
4 t. baking powder
3 tb. crisco
1 c. rich milk

Sift dry ingredients; with tips of fingers blend crisco. Make into soft dough with milk and roll ⅓ inch thick. Cut in small biscuits and bake in hot oven.

Sour Milk Biscuits

2 c. flour
1 t. salt
½ t. soda
3 tb. crisco (rubbed in dry ingredients lightly)
¾ c. sour milk

Sift the dry ingredients. Knead lightly until smooth and roll to ½ inch in thickness. Bake in a hot oven.

Sweet Milk Pancakes

3½ c. flour
3 t. baking powder
1 t. salt
2 tb. melted butter
¼ c. sugar
2 c. sweet milk
1 egg

Sift dry ingredients, beat egg and add milk slowly. Beat thoroughly, add melted butter and beat well and bake.

Sour Milk Griddle Cakes

2½ c. flour
2 c. sour milk
½ t. salt
½ t. soda
2 eggs

Mix and sift flour, salt and soda, and add the sour milk and well beaten eggs, bake on hot griddle.

Boston Brown Bread

1½ c. cream cornmeal
1½ c. graham flour
1 t. salt
¾ c. molasses (sorghum is best)
1½ c. buttermilk or sour milk
1 tb. melted crisco
1½ t. soda

Sift together dry ingredients. Add molasses, buttermilk (or sour milk) and crisco. Put in 1-pound molds, well criscoed (a baking powder can makes an excellent mold), and steam in fireless cooker or in double boiler on gas stove for 3 hours. Remove from can while still hot and place on wire trivet to cool.

Baking Powder Biscuits

2 c. flour
4 t. baking powder
1 t. salt
2 tb. crisco
¾ c. milk

Mix and sift twice the dry ingredients. Work in crisco with tips of fingers; add gradually the liquid, mixing with a knife to soft dough. Toss on a floured board, pat and roll to ½ inch in thickness. Shape with a biscuit cutter. Place on a tin greased with crisco and bake in a hot oven 12 or 15 minutes.

Dixie Biscuits

2 c. flour
4 t. baking powder
1 t. salt
1 t. sugar
1 egg
½ c. milk
3 tb. crisco

Sift together the dry ingredients. Rub in the crisco lightly; beat egg and add with the milk. Roll out ½ inch in thickness and cut with biscuit cutter. Brush over with crisco and bake in hot oven.

Corn Flake Griddle Cakes

1 c. flour
1 c. corn flakes
2 t. baking powder
1 c. milk
2 t. sugar
2 t. crisco
1 egg
½ t. salt

Prepare and bake the same as plain griddle cakes. Use any kind of package corn flakes, but dry them out if they have absorbed moisture.

Corn Bread

Sift together 2 cups of meal, ½ teaspoon soda and add 1 tablespoon crisco. Mix with buttermilk to make soft dough. Make into small pones or dodgers, put on a hot criscoed baker or griddle, and bake in a hot oven.

Dixie Corn Pone

2 c. cream meal
1 t. salt
½ t. soda

Scald half meal, add buttermilk to make stiff batter, form into pones and bake on greased griddle. Fine with fried chicken or boiled dinner.

Green Corn Batter Cakes

Grate 1 cup sweet green corn and add to batter made as follows:

2 c. flour sifted with 1 t. baking powder and 1 t. salt
1 tb. butter
1 egg
1 c. sweet milk

Beat in egg last.

Buckwheat Cakes

3 c. buckwheat
1 t. salt
½ c. cornmeal

Add buttermilk to make thick batter. Set to rise over night in warm place. Next morning beat in sufficient buttermilk to make thin batter. Add 1 teaspoon soda and 1 tablespoon brown sugar. Bake after rising 15 minutes.

Old Time Buckwheat Cakes

½ cake Fleischmann's yeast
1 c. lukewarm water
3 c. buckwheat flour
1 c. meal

Use milk sufficient for stiff batter. Dissolve yeast in warm water and add sufficient milk to dry ingredients. Set to rise overnight. In the morning beat the batter, adding 1 teaspoon soda and 1 tablespoon molasses. Bake on hot griddle and serve with maple syrup. Use what is left for yeast next night.

Waffles

1½ c. flour
1 c. milk
1 egg
½ t. salt
1 t. melted butter
1 t. sugar
1 t. baking powder

Sift the flour, salt, sugar and baking powder into a bowl, add the milk and mix well; then add the butter and the well

beaten egg. Mix all well together and bake in very hot waffle iron. In making waffles be careful not to put too much batter into the waffle iron.

Waffles

2 eggs, beaten separately
1 t. salt
2 c. buttermilk
2 tb. cornmeal
1 t. soda
1 t. baking powder
4 c. flour
2 tb. shortening, added last

Sift dry ingredients, beat well and bake on well greased irons, turn on hot platter and brush over with melted butter.

Crisp Waffles

2 eggs
2 c. sweet milk
2 tb. cornmeal
1 t. sugar
2 t. baking powder
2 tb. melted butter
½ t. salt

Flour enough to make thin drop batter. Mix sugar and butter; add eggs and beat thoroughly. Sift meal, baking powder, salt and 2 cups flour together into butter and sugar, add milk as needed. It will require more flour than 2 cups. Bake on hot, greased iron and serve with maple syrup.

Oatmeal Griddle Cakes

One cup oatmeal cooked and put through a strainer, stir gradually into 3 cups milk and water; mix half and half; add 2 cups of flour in which have been sifted 2 tablespoonfuls baking powder, 1 egg, level teaspoon salt. Beat well and bake on griddle.

Flour Muffins

2 c. flour
¾ t. soda
1 t. salt
1½ c. buttermilk
2 eggs
2 tb. crisco

Beat the eggs, add the salt and milk. Stir in the flour and melted crisco. When ready to cook, stir in the soda mixed in a tablespoon of water. Bake in a hissing hot criscoed pan in a hot oven.

Whole Wheat Gems

3 eggs (beat yolks and add 1 cup milk)
1 tb. melted crisco
½ t. salt

Add whites beaten and ½ cup whole wheat flour and 1 teaspoon baking powder, 1 cup raisins or dates. Bake in well greased hot gem pans.

Sally Lunn

Two eggs, ¼ cup crisco, 3 tablespoonfuls sugar, creamed together. Add 1 cup sweet milk, 2½ cups flour and 2 teaspoonfuls baking powder, and 1 teaspoon salt. Bake in muffin tins.

Sweet Potato Biscuits

1 c. sweet potato
2 eggs
½ cake Fleischmann's yeast
1 tb. sugar
1 t. salt
Flour

Boil a sweet potato and mash while hot. Beat in 2 eggs and flour enough for a dough. Add ½ cake Fleischmann's yeast and let rise over night. In the morning work in 1 tablespoon crisco and enough flour to mold in small biscuit; let rise to double their size and bake in quick oven.

Salt-Rising Bread (Aunt Martha)

1½ pts. milk
5 tb. sugar
1 tb. soda
Meal
Flour
5 tb. crisco
1½ t. salt

Scald 2 cups milk and stir in meal to make thick mush; add ½ teaspoon soda, 1 teaspoon salt, 3 teaspoonfuls sugar. Sprinkle a little dry meal on top. Place in warm place over night. Next morning add 2 cups of milk and water, the milk scalded and allowed to cool to tepid; have water tepid. Beat the liquid into the batter and add sufficient flour to make heavy drop batter; allow to rise 2 hours, after which time add balance sugar and salt, soda, melted crisco. Add enough flour to make into smooth, elastic dough. Knead well, make into loaves and allow to double in bulk before baking.

Salt-Rising Bread (Emily)

Scald 2 cups milk; add 2 cups boiling water and beat into it enough flour to make thin batter; add 2 tablespoonfuls meal, 1½ teaspoons salt, 2 tablespoonfuls sugar. Beat until filled with bubbles, set in warm place to rise. Next morning pour off any water that rises to top, and beat down. Add enough flour with 2 tablespoonfuls meal, 2 teaspoonfuls salt, 3 tablespoonfuls sugar, 2 teaspoonfuls soda, and 5 tablespoonfuls melted crisco or butter to make smooth dough. Knead well, mold into loaves, allow to rise double its bulk and bake in moderate oven.

Salt-Rising Bread

Scald 1 cup of sweet milk and stir into it enough meal to make a soft mush that will drop from the spoon. Leave in a warm place over night; early the next morning add a cup of lukewarm water, a saltspoon of salt and 1 pint of flour. Set it in warm water. When it is light and frothy, take 3 pints of flour, 2 tablespoonfuls of crisco, salt to season, add tepid water enough to make a soft dough. Work well, make into loaves, put into your pans and set to rise. When well risen, about twice its size, put in the oven to bake.

Griddle Cakes

All batter cakes are better baked on an ungreased griddle, as they rise and keep their shape, and do not follow the grease. Your griddle need not necessarily be of soapstone. If you have an old griddle and clean it thoroughly, being sure to remove all burned fat or batter, it can be used in this way.

Wheat Griddle Cakes

1 cake Fleischmann's compressed yeast
1 cup milk, scalded and cooled
1 cup lukewarm water
2 tb. melted crisco
2 cups sifted flour
½ t. salt
2 eggs
2 level tb. brown sugar

Dissolve the yeast and sugar in the lukewarm liquid. Add crisco (or butter), then flour gradually, the eggs well beaten, and salt.

Parker House Rolls

1 pt. scalded milk
1 tb. crisco
1 tb. sugar
½ cake Fleischmann's yeast, mixed with ¼ c. lukewarm water
Flour to make a dough
1½ t. salt

Follow directions for yeast bread. To shape—roll out the dough to ⅓ inch in thickness, cut with a floured biscuit cutter, crease each roll through the center with the floured handle of a knife, brush one-half of each with melted butter, fold and press together. Place close together in a greased pan, having all the rolls turned the same way. Let stand in a warm place until double in bulk, brush with milk and bake in a hot oven 15 to 20 minutes.

Whole Wheat Bread

1 cake Fleischmann's compressed yeast
3 level tb. brown sugar
1½ c. lukewarm water
1½ c. milk, scalded and cooled
3 tb. melted crisco
7½ c. whole wheat flour
1 t. salt

Dissolve the yeast and sugar in lukewarm liquid; add crisco or butter; then flour, gradually, as whole wheat flour absorbs moisture slowly, and last the salt. Knead thoroughly, being sure to keep dough soft; place in well greased bowl, cover and set aside in warm place, to rise for about 2 hours. When double in bulk, turn out on kneading board. Mold into loaves; place in well greased pans; cover and set to rise again for about 1 hour, or until light. Bake 1 hour, in a slower oven than for white bread.

Scotch Short Bread

1 c. butter
2 c. flour
½ c. powdered sugar

Cream the butter; add the flour and sugar; knead all together thoroughly with the hands; roll out about 1 inch in thickness and cut in oblong cakes. Bake about ½ hour, laying the bread on brown paper in an unbuttered pan.

Coarse Loaf

½ c. New Orleans molasses
½ c. brown sugar
½ c. corn meal
2 c. graham flour
1½ c. white flour
½ t. baking powder
1 c. nuts or raisins
1 pt. sour milk
2 t. soda
Pinch of salt

Mix all the ingredients together, adding the sour milk last. Pour into a greased baking pan and bake in a slow oven about 1 hour.

Corn Bread

1½ c. corn meal
½ c. flour
½ tb. sugar
½ t. salt
1 heaping t. baking powder
½ tb. butter
1¼ c. milk
1 egg

Sift the dry ingredients together; add milk, beaten egg and butter. Pour into a shallow buttered tin and bake about ½ hour.

BREAD

1 pt. milk (scalded)
1 pt. boiling water
2 tb. sugar
2 tb. butter or crisco
3 t. salt
1 cake yeast mixed with ¼ c. lukewarm water
Flour to make a dough

Steps in the Process of Bread Making

I. *Mixing.*—1. Scald milk and boil water. 2. Put salt, sugar, and crisco into mixing bowl and add hot liquids. 3. While these are cooling separate yeast in lukewarm water and add to lukewarm liquids. 4. Add flour to make a drop batter, and beat well. 5. Add more flour to make dough.

II. *First Kneading.*—(*a*) Objects: 1. To work air in. 2. To make gluten elastic. 3. To blend ingredients. (*b*) Time about 20 minutes.

III. *First Rising.*—(*a*) Precautions when put to rise: 1. Grease top to prevent formation of crust. 2. Shield from draughts of air. (*b*) Time dependent upon (1) amount of yeast used; (2) temperature.

Note.—Use about one yeast cake to every quart of liquid when bread is to rise over night. If set in a warm place, and double the amount used, bread should be ready to knead in a few hours. Regardless of the time allow bread to rise until dough is double in bulk.

IV. *Second Kneading.*—The object of the second kneading is to break up gas bubbles so that bread will be fine grained.

V. *Shaping.*—Shape into loaves or rolls.

VI. *Second Rising.*—Put to rise in the pans. Allow loaves to rise about 45 minutes, or until double in bulk.

VII. *Baking.*—Loaves should be baked from 45 to 60 minutes, rolls 10 to 20 minutes.

Milk and Water Bread

1 c. scalded milk
2 tb. crisco
2 t. salt
6 c. sifted flour
1 c. boiling water
1 Fleischmann yeast cake dissolved in ¼ c. lukewarm water

Prepare and bake as water bread.

This bread can be mixed, raised and baked in 5 hours. It is usually mixed in the morning and the cook is able to watch the dough while rising and keep it at a uniform temperature. It is often desirable to place bowl containing dough in pan of water, keeping the water at a temperature of from 95 to 100 degrees F.

Rye Bread

1 c. scalded milk
1 c. boiling water
2 tb. crisco
¼ c. brown sugar
2 t. salt
¼ yeast cake dissolved in ¼ c. lukewarm water
1 c. flour
Rye meal

To milk and water add crisco, sugar and salt; when lukewarm add dissolved yeast cake and 1 cup flour, beat thoroughly, cover and let rise until light. Add rye meal until dough is stiff enough to knead; knead thoroughly, shape into loaves, let rise again and bake.

Rye Bread

One pint yeast-bread sponge, 1 large cup rye flour, the same of cornmeal scalded and cooked. One tablespoon crisco, one of molasses, little salt. Knead with white flour. When light bake in moderate oven. (Two loaves.)

Bread Rusk

1 pt. bread dough
¾ c. sugar
1 tb. crisco
Grated nutmeg

Spread the bread dough open; work the other ingredients into it; roll out; cut in cubes; put them in greased pans; set in a warm place until very light. Bake in a quick oven.

Rusk

1 cake Fleischmann's compressed yeast
2 c. milk, scalded and cooled
1 tb. sugar
6 c. sifted flour
½ c. butter or crisco
1 c. sugar
1 egg
½ t. salt
1 c. currants

Dissolve the yeast and 1 tablespoon of sugar in the lukewarm milk; add to it half the flour, to make an ordinary sponge. Beat well; cover and set aside in a warm place to rise, for about an hour. When light, add to it the crisco and sugar, creamed egg well beaten, the currants, which have previously been washed, and the remainder of the flour, or sufficient to make a soft dough; last add the salt. Knead lightly; place in a greased bowl; cover and set aside in a warm place, free from draft, to rise for about 2 or 2½ hours. When well risen, turn out on a kneading board and mold into rolls. Place in well greased pans; cover and let rise again for about 1 hour, or until double in bulk. Brush with egg diluted with milk. Bake in a hot oven for about 15 or 20 minutes. Upon removing from oven sprinkle with powdered sugar.

Graham Bread

1 cake Fleischmann's compressed yeast
1 c. lukewarm water
1 c. milk, scalded and cooled
¾ c. sugar
4 tb. crisco
¾ c. raisins
1 t. salt
6 c. sifted flour

Dissolve the yeast and 1 tablespoon of sugar in lukewarm liquid; add 2 cups of flour, the crisco and sugar, well creamed; and beat until smooth. Cover and set aside to rise in a warm place, free from draft, until light—about 1½ hours. Add raisins well floured, the rest of the flour to make a soft dough, and last the salt. Knead lightly; place in well greased bowl; cover and let rise again until double in bulk—about 1½ hours. Mold into loaves, fill well greased pans half full; cover and let rise until light—about 1 hour. Glaze with egg diluted with water, and bake 45 minutes.

Cocoa Bread

1 cake Fleischmann's compressed yeast
2 c. milk, scalded and cooled
1 tb. sugar
5½ c. sifted flour
½ c. sugar
½ c. cocoa
¼ c. crisco
2 eggs
½ t. salt

Dissolve the yeast and 1 tablespoon of sugar in lukewarm milk; add 3 cups of flour and beat until smooth. Cover and set aside to rise in warm place until light—about 1½ hours; then add crisco and ½ cup sugar creamed, eggs well beaten, cocoa, remainder of flour, or enough to make soft dough, and salt. Knead lightly, place in greased bowl, cover and set aside in warm place, free from draft, until double in bulk—about 2 hours. Mold into loaves, place in well greased bread pans, filling them half full. Cover and let rise again until light—about 1 hour. Bake 40 to 45 minutes.

Gluten Bread

1 cake yeast
1 t. sugar
2 c. lukewarm water
1 tb. crisco
1 tb. salt

Dissolve the yeast and sugar in lukewarm liquid; add crisco, then gluten, flour gradually, and salt. Knead thoroughly until smooth and elastic, place in well greased bowl, cover and set aside in a warm place, free from draft, to rise until light, which should be in about 2 hours. Mold into loaves, place in greased pans, filling them half full. Cover, let rise again, and when double in bulk, which should be in about 1 hour, bake in a moderate oven 45 minutes.

Raised Doughnuts

1 c. milk
¼ cake Fleischmann's yeast
¼ c. lukewarm water
2 t. salt
⅓ c. crisco
1 c. brown sugar
2 eggs
½ grated nutmeg
Flour

Scald and cool milk; when lukewarm, add yeast cake dissolved in water, salt and flour, enough to make a stiff batter. Let rise over night. In the morning add melted crisco, sugar, well beaten eggs, nutmeg and enough flour to make a stiff dough; let rise again. Toss on floured board, roll to ½ inch thickness, shape with cutter and place on floured board, let rise 1 hour. Fry in deep crisco and drain on brown paper. Cool and roll on powdered sugar.

Date Bread

1 c. warm wheat mush
¼ c. brown sugar
1 t. salt
1 tb. crisco
¼ cake Fleischmann's yeast
¼ c. warm water
Flour
⅔ c. walnut meats
⅔ c. dates

Mix first four ingredients, add yeast cake dissolved in lukewarm water, and flour to knead. Cover and let rise over night. In the morning cut down and while kneading add nuts cut in small pieces and dates stoned and cut in pieces. Shape in a loaf, let rise in pan and bake for 50 minutes in a moderate oven. This bread is well adapted for sandwiches.

Muffins (English)

1 c. scalded milk
1 c. boiling water
2 tb. crisco
¼ c. sugar
1½ t. salt
½ cake Fleischmann's yeast
1 egg
4 c. flour

Add crisco, sugar and salt to milk and water; when lukewarm, add yeast cake, egg well beaten, and flour. Beat thoroughly, cover, and let rise until light. Put greased muffin rings on a hot griddle. Fill half full with raised muffin mixture and cook slowly until well-risen and browned underneath. Turn the muffins and rings and brown the other side. When muffins are cold, cut through the center, toast, and serve with marmalade.

Hot Cross Buns

1 c. scalded milk
¼ c. sugar
2 tb. crisco
1 t. salt
¾ t. cinnamon
3 c. flour
1 egg
¼ c. raisins
½ cake Fleischmann's yeast dissolved in ¼ c. lukewarm water

Add crisco, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, cinnamon, flour, and egg well beaten; when thoroughly mixed add raisins, cover and let rise over night. In the morning shape in forms of large biscuits, place in pan greased with crisco, 1 inch apart, let rise, brush over with beaten egg, and bake 20 minutes. Cool, and with ornamental frosting make cross on top of each bun.

Hot Cross Buns

1 cake Fleischmann's yeast
1 c. milk, scalded and cooled
1 tb. sugar
⅓ c. sugar
¼ c. crisco
¼ c. raisins or currants
3¼ c. sifted flour
1 egg
¼ t. salt

Dissolve the yeast and 1 tablespoon of sugar in the lukewarm milk. Add 1½ cups of the flour, to make a sponge. Beat until smooth; cover and let rise until light, in a warm place, free from draft—about 1 hour. Add crisco and ⅓ cup sugar creamed, egg well beaten, raisins or currants, which have been floured, rest of flour, or enough to make a soft dough, and salt. Turn on board, knead lightly, place in greased bowl. Cover and set aside in a warm place, until double in bulk, which should be in about 2 hours. Shape with hand into medium-sized round buns; place in well greased pans about two inches apart. Cover and let rise again—about 1 hour, or until light. Glaze with egg diluted with water; with sharp knife cut a cross on top of each; bake 20 minutes. Just before removing from oven, brush with sugar moistened with water. While hot, fill cross with plain frosting.

Oven Scones

2 cakes Fleischmann's compressed yeast
2 c. milk, scalded and cooled
1 tb. sugar and
1 c. sugar
1 level t. salt
1 c. raisins
½ c. citron
1 egg
6½ c. sifted flour
⅓ c. crisco

Dissolve the yeast and 1 tablespoon of sugar in the lukewarm milk; add 3 cups of flour and beat well. Cover and

let rise in a warm place, free from draft, until light—about 1 hour. Then add crisco and 1 cup sugar creamed, the egg well beaten, fruit well floured, balance of flour to make a soft dough, and the salt. Turn on board; knead lightly; form into 12 round cakes, cover and allow them to rise 15 minutes. Then roll ¼ inch thick; cut across each way nearly through, making an impression of four cakes. Place in well greased pans; let rise about 1 hour, or until double size. Then brush with egg diluted with water.

Lunch Rolls

1 cake Fleischmann's compressed yeast
1¼ c. milk, scalded and cooled
1 tb. sugar
4c. sifted flour
1 egg
2 tb. crisco
1 t. salt

Dissolve the yeast and sugar in the lukewarm milk; add crisco and 2 cups of flour. Beat thoroughly, then add the egg well beaten, balance of flour gradually, and salt. When all of the flour is added, or enough to make a moderately soft dough, turn on board and knead lightly and thoroughly, using as little flour on the kneading as possible, keeping dough soft. Place in well greased bowl. Cover and set aside in a warm place, free from draft, to rise about 2 hours. When light, form into small biscuits, the size of a walnut. Place 1 inch apart, in shallow pans, well greased. Let rise until double in bulk—about ½ hour. Brush with egg and milk, and bake 10 minutes in hot oven.

Raised Potato Cakes

Dissolve 1 cake of Fleischmann's compressed yeast in 1 cup lukewarm milk; add 1 cup of finely mashed potatoes and flour enough to make a sponge rather thin; set in warm place, well covered, until light. Cream 2 cups sugar with ¾ cup crisco; add ½ cup lukewarm milk; 4 eggs (1 at a time), 1 teaspoonful cinnamon, 1 teaspoonful allspice, 1 teaspoonful cloves, 1 cup chopped English walnuts, 1 cup raisins, 2 cupfuls flour and 3 tablespoonfuls ground chocolate; mix all the ingredients well and put in buttered pan to rise. Set in warm place. When light, bake in moderate oven slowly. Requires long baking.

Royal Muffins

½ c. scalded milk
¼ c. sugar
1 t. salt
1¾ c. flour
1 c. corn meal
¼ c. crisco
½ yeast cake dissolved in ¼ c. lukewarm water

Add sugar and salt to milk; when lukewarm add dissolved yeast cake, 1¼ cups flour, cover, and let rise until light, then add cornmeal, remaining flour and crisco. Let rise over night, in the morning fill muffin rings, greased with crisco, ⅔ full; let rise until rings are full and bake 30 minutes in a hot oven.

Rolled Oats Bread

2 c. boiling water
½ c. molasses
1 tb. salt
1 tb. crisco
½ cake Fleischmann's yeast, dissolved in ¼ c. lukewarm water
1 c. rolled oats
4½ c. flour

Add boiling water to oats and allow to stand 1 hour; add molasses, salt, crisco, dissolved yeast cake and flour; let rise, beat thoroughly, turn into bread pans greased with crisco, let rise again and bake.

Apple Cake

1 c. scalded milk
⅓ c. crisco
⅔ c. sugar
1 t. salt
1 cake Fleischmann's yeast
¼ c. lukewarm water
Flour
5 sour apples
¼ c. sugar
½ t. cinnamon
2 tb. currants
2 eggs

Mix first four ingredients. When lukewarm add yeast cake which has been dissolved in the lukewarm water, eggs and flour to make a soft dough, cover, let rise, beat thoroughly and again let rise. Spread in a dripping pan greased with crisco, and brush over with melted crisco. Pare, cut into eighths, and remove cores from apples.

Press sharp edges of apples in the dough in parallel rows, lengthwise of pans. Sprinkle with sugar, cinnamon and currants, cover, let rise and bake in a moderate oven 30 minutes.

Sweet French Buns

1 cake Fleischmann's compressed yeast
1 c. milk, scalded and cooled
¼ c. lukewarm water
¼ c. sugar
3 level tb. butter or crisco
1 egg
½ t. lemon extract
4 c. sifted flour
½ t. salt

Dissolve the yeast and 1 tablespoon of sugar in the lukewarm liquid. Add enough flour to make an ordinary sponge

—about 1½ cups. Beat until perfectly smooth; cover and set aside in a warm place to rise for 50 minutes, or until light. Add sugar and shortening creamed, egg beaten, lemon extract and about 2½ cups of flour, or enough to make a soft dough. Add salt with the last of the flour. Knead until smooth and elastic, place in greased bowl, cover and set aside in a warm place to rise until double in bulk—about 1 hour. Turn out on board and shape clover-leaf rolls, or any fancy twist. Let rise until light, about 1 hour. Bake in hot oven 15 minutes.

Waffles with Yeast

1 cake Fleischmann's compressed yeast
2 c. milk, scalded and cooled
1 tb. sugar
1 tb. melted crisco
2 eggs
2½ c. sifted flour
1 t. salt

Dissolve the yeast and sugar in the lukewarm liquid, add shortening, flour, salt, and eggs well beaten. Beat thoroughly until batter is smooth; cover and set aside to rise in a warm place, free from draft, for about 1 hour. When light, stir well. Have waffle iron hot and well greased, fill the cool side. Brown on one side, turn the iron and brown on the other side. If the batter is too thick, the waffle will be tough.

Bread Sticks

Take rusk or bread dough—rusk is better—and when light cut pieces from the side and roll under the hands to the length of the pan and the thickness of a lead pencil. Let rise until light, bake in a hot oven and when nearly done glaze with egg.

English Buns

1 cake Fleischmann's compressed yeast
½ c. milk, scalded and cooled
½ c. crisco, melted
4 c. sifted flour
½ t. salt
5 tb. sugar
4 eggs
1 c. chopped almonds

Dissolve the yeast and 5 tablespoons of sugar in the lukewarm milk. Add crisco, eggs unbeaten, flour gradually, and the salt.

Egg Rolls

1 c. mashed Irish potatoes
1 cake Fleischmann's yeast
2 eggs
½ c. sugar
1 c. sweet milk, scalded and cooled to tepid
1 c. tepid water
2 tb. melted crisco
Enough flour to make drop batter

Boil potatoes until tender, put through ricer, while warm add the sugar to them, then the well beaten eggs—now the

yeast which has been dissolved in the water, add milk and flour alternately. Set to rise in a warm place, when sponge has risen to twice its bulk, add melted crisco, make into a smooth dough, with about 1 quart of flour which has been sifted with 1 tablespoonful of salt. Knead thoroughly, set aside to rise, when light roll out, cut with biscuit cutter, place in well greased pans, and allow to rise again until double in size, which should take about 20 minutes, then bake.

Tea Rolls

1 cake Fleischmann's compressed yeast
½ c. milk, scalded and cooled
½ c. lukewarm water
1 tb. sugar
3 c. sifted flour
2 tb. melted crisco
½ t. salt

Dissolve the yeast and sugar in the lukewarm liquid. Add crisco (or butter) and half of the flour, beat until smooth, add rest of flour, or enough to make a moderately firm dough, and the salt. Knead thoroughly; roll out and shape as Parker House rolls. Place in well greased, shallow baking pans, cover and set to rise in a warm place, free from draft, for about 2 hours. When light, bake in a hot oven 10 minutes.

TIMBALES

To make timbales you must have a timbale mold of iron. This is dipped into batter and is then held in hot fat until the coat of batter is cooked. Then this crust is slipped off the iron and another timbale case is cooked in the same way. The timbale irons are heart-shaped, star-shaped, round, square or oval.

For the Batter

The following recipe for timbale batter has been tried with success: Take ¾ cup of flour and mix with a teaspoon of sugar and ½ teaspoon of salt. Add to it ½ cup of milk, a well beaten egg, tablespoon of melted butter or olive oil and whip until it is all blended. This batter should be placed in a cup or bowl into which the timbale iron may be dipped, so that the outside of the mold will be covered with the preparation.

Timbale Cases

Put a kettle of fat on the fire. It should get as hot as is required for baking doughnuts. Dip the timbale iron into the fat and let the mold heat. Then dip into the batter

and lift it out again. A film of the batter will cling to the iron. Submerge this in the pan of fat, and when it is cooked lift it and set on a folded napkin or absorbent paper to drain. Then proceed to cook more timbale cases in the same way. Creamed mushrooms, chicken, veal, oysters or fish may be served in the cases.

A Rich Combination—Mutton Timbales

Take ½ pound of finely minced cold mutton, a teaspoon of chopped parsley, a tablespoon of bread crumbs, a dessertspoonful of chopped mushrooms, 1 egg, a gill of stock, a little pepper and salt. Mix all the ingredients and steam for 20 minutes. If canned mushrooms are used for this recipe they should be cooked in butter for a few minutes. Buttered timbale cases should be filled with the mixture set on a silver dish to serve and covered with a good, thick gravy with fried mushrooms in it.

Chicken Timbales

Cook together, till a paste is formed, ½ cup of stale bread crumbs and ½ cup of milk. Add 2 ounces of butter, the stiffly beaten white of 1 egg, salt to taste, a few grains only of cayenne, and a pinch of ground nutmeg. Add to this ⅔ cup of raw chicken breast, which has been beaten to a paste in a mortar and forced through a fine strainer. Fill the timbale cases with this and garnish with mushrooms cut in fancy shapes.

CHAPTER XV

PASTRY

We have, for the last decade, been trying to exclude pies and substitute delicate puddings and fresh fruit in our dietaries, but there are some with whom nothing takes the place of pies. It is vastly important to know that the chief constituents of pastry are entirely antagonistic in their mode of digestion, and wherever used shortening with a low melting point free from odor and flavor and pastry flour of the soft winter wheat get best results. Use nothing but fresh, ripe fruit or delicate custards.

In order to make good pie crust, everything must be ice-cold—the shortening, flour, water and utensils used in the preparation of the dough should all be chilled beforehand, —cutting the shortening into the flour with two silver knives chilled in ice water gives an even distribution of the shortening and flour without melting the shortening. It is necessary to work rapidly and with a light touch. A heated kitchen is not productive of best pastry. Its lightness depends upon the amount of air enclosed and the expansion of that air in the baking. Its flakiness depends upon the kind and amount of shortening used. Crisco will give a tenderer crust than butter. Where the flavor of butter is desired, one tablespoonful may be added. In rolling pastry use a light motion rolling from you, as less force is expended on the outward stroke than on one where the hands are drawn back towards the body. Utensils best adapted are a small enamel mixing bowl, aluminum measuring cup, two silver knives, one spatula, tablespoon, sifter, glass rolling pin, aluminum bread board and pastry wheel.

Plain Pastry

1 c. flour	Just enough cold water to hold dough together
5 t. crisco	(This makes two crusts)
½ t. salt	

Sift the flour and the salt and cut the crisco into the flour until it is finely divided. Then add the water sparingly, mixing it with a knife through the dry materials. Form into a dough, roll out on a floured board, about ¼ inch thick. Use a light motion in handling the rolling pin, and roll from the center outward.

The crisco should be of a consistency such that when scooped out with a spoon it rounds up egg shape. Crisco will always be in excellent condition for use if kept at the usual room temperature.

Flake Pastry

1 c. flour
4 tb. crisco
½ t. salt
Just enough cold water to hold dough together (Two tb. should be sufficient)

Sift the flour and the salt and cut half the crisco into the flour with a knife until it is finely divided. The finger tips may be used to finish blending the materials. Then add the water sparingly, mixing it with a knife through the dry materials. Form with the hand into a dough and roll out on a floured board to ¼ inch in thickness.

Spread one-third of the remaining crisco on the two-thirds of the dough nearest you; fold twice, so as to make three layers, folding in first the part on which the crisco has not been spread. Turn dough, putting folded edges to the sides; roll out, spread and fold as before. Repeat once more. Use a light motion in handling the rolling pin, and roll from the center outward.

Plain Pie Crust

1½ c. flour
½ c. crisco
½ t. salt
Enough ice water to make a dough

Cut the shortening into the flour with silver knife and roll the dough out. Dot over with crisco, fold several times and roll out again, line pans and cover with the same, or use the flake pastry for covering the pie. Crust for pie should be about ¼ inch thick and rolled larger than pans to allow for shrinkage. Perforate top crusts to allow steam to escape.

German Paste

5 c. flour
1½ c. crisco
⅓ c. ground almonds
1 c. sugar
2 yolks of eggs
1½ t. salt
Water

Sift flour and almonds into basin, rub crisco into them, add salt, sugar, eggs well beaten and water to make stiff paste. Leave in cool place 2 hours, then roll out and use for pies.

Fruit Turnovers

(Suitable for Picnics)

Make a nice puff paste; roll it out the usual thickness, as for pies; then cut it out into circular pieces about the size of a small tea saucer; pile the fruit on half of the paste, sprinkle over some sugar, wet the edges and turn the paste over. Press the edges together, ornament them and brush the turnovers over with the white of an egg; sprinkle over sifted sugar and bake on tins, in a brisk oven, for about 20 minutes. Instead of putting the fruit in raw, it may be boiled down with a little sugar first and then enclosed in the crust; or jam of any kind may be substituted for fresh fruit.

Hot Water Paste

1 c. flour
4 tb. crisco
⅓ t. salt
¼ t. baking powder
3 tb. boiling water

Sift flour, salt and baking powder into basin, rub crisco lightly into them, then stir in boiling water. Cool paste before using or it will be too sticky to handle.

French Pastry

½ lb. flour
2 tb. sugar
4 egg yolks
Grated peel ½ lemon
¼ lb. butter
½ t. salt

Sift together the flour, sugar and salt. Cut in the butter and lemon rind, then add the slightly beaten yolks. One or 2 tablespoonfuls ice water may be needed. Set on ice to chill. Roll about ⅛ inch thick, glaze top with beaten egg (white and yolk) sprinkle sugar, chopped nuts, or crystallized fruits. Bake in a moderate oven after cutting into desired shapes.

To Glaze Pastry

To glaze pastry, break an egg, separate the yolk from the white and beat the former for a short time. Then, when the pastry is nearly baked, take it out of the oven, brush it over with the beaten yolk of egg, and put back in the oven to set the glaze.

When making pies tuck the upper crust under the lower crust and then press down with a fork. You will never have any trouble with juice running out, and in this way pies slip off the plate without trouble.

Rhubarb Pie

Chop 2 cupfuls rhubarb, and let stand 10 minutes in water poured over it boiling hot. Drain, and mix with it the fruit, a cupful of sugar, the yolk of an egg, a tablespoon of butter, and 1 of flour, moisten with 3 tablespoonfuls water. Bake in one crust, covering the top with narrow strips of pastry crossed, or with meringue.

Fruit-Rhubarb Pie

Take 3 heaping cups chopped rhubarb, 1 of chopped and seeded raisins, and 3 plain crushed crackers, powdered. Mix and add ⅔ cup of molasses, 1½ cups sugar, 1 teaspoon butter, spice and salt to taste. This amount will make three pies. Bake in two crusts.

Lemon Meringue Pie (Lettie)

4 eggs
2 c. sugar
2 tb. flour
2 c. rich milk
2 tb. butter
½ t. salt
3 large lemons

Cream sugar and yolks of eggs, add salt, flour, then butter and milk. Add lemon just before baking. Put meringue on when pie is cool.

Chess Cakes

4 eggs
3 tb. cornmeal
1½ c. sugar
2 c. rich milk
4 tb. butter
¼ t. nutmeg

Cream the yolks of eggs and sugar. Add cornmeal. Scald the milk and add gradually to the custard. Add the flavoring and butter and fill pastry shells, using plain pastry.

Recipe for the shells: Make a meringue of the white of egg, using 1 tablespoonful confectioner's sugar for each egg white. After the custard is well set, cover with meringue and place in moderate oven until nicely browned.

Chess Cakes

7 eggs
¾ c. butter
2 tb. cornstarch
2 c. sugar
¼ t. salt
2 tb. water
1 c. jelly, apple or grape

Mix cornstarch with sugar and cream with butter. Beat egg yolks with salt and add to mixture, stirring in warm jelly. After thoroughly mixed, add beaten whites. If too stiff, 2

tablespoonfuls water may be added. Line mold with plain pastry and fill with mixture. Cook 20 to 30 minutes. This filling is sufficient for 24 cakes.

Apple Pie

Sprinkle lower crust with flour, then add 1 cup sugar. Pare apples, slice thin and place in orderly manner. Add ¼ teaspoon salt and ½ teaspoon cinnamon or nutmeg and ½ tablespoon butter. Cover with upper crust and bake in moderate oven 1 hour. Use plain pie crust.

Note—If juice boils out, lower temperature of oven.

Pie Crust

1 c. flour
5 tb. crisco
½ t. salt
2 tb. water

Combine ingredients as for plain pastry. Roll paste very thin. For all pies made with one crust, use a deep pie plate and line it without stretching the paste in the least. Remember that all pastry shrinks in the baking and allow for this shrinkage. Trim the edges with a fork or by fluting, and prick every part of the center and sides with a fork before placing at once in a quick oven. If gas range is used, place pastry on lower shelf; if a coal range, where a good bottom heat can be obtained.

Note—Pastry burns readily and these crusts are very thin.

Raisin Pie

Boil 2 cups raisins, juice 1 lemon and ½ cup sugar with 1 cup water until raisins are tender. Line pie-pan with pastry, put in raisins and dot over with butter and spice, cover with pastry and bake.

Chess Cakes

5 eggs (yolks)
2 c. sugar
½ c. butter
2 tb. cornmeal
1 c. sweet milk
Flavor with vanilla

Mix custard well and bake in muffin rings lined with pastry. Make a meringue of beaten whites and 2 tablespoons sugar.

Molasses Custard Pie

2 c. sorghum
4 tb. crisco
1 c. sugar
9 egg yolks
1 tb. flour

Cream yolks and sugar, add crisco and sorghum, beaten whites of 4 eggs. Use balance of the whites for meringue.

Pineapple Pie

Pare the pineapples and chop as finely as possible. To 1 cup of pineapple use 2 eggs, 1 cup milk, 2 tablespoons sugar, pinch salt, mix as custard and bake in rich pastry crust.

Raisin and Apple Pie

Line pie-tin with pastry, and place first one layer thin apple slices, a sprinkle of sugar and cinnamon; then a layer of raisins and so on until pan is full. Put on top crust and bake.

Molasses Pie

1½ c. sugar
3 tb. butter
1½ c. molasses (sorghum)
6 eggs
7 tb. flour

Cream sugar or butter and eggs together, add molasses and flour. Bake in pastry lined pans and make meringue of whites and 2 tablespoonfuls sugar.

Blackberry Pie

Line a pie-plate with plain paste; carefully look over a pint of ripe blackberries; put them in a pie-dish, keeping them a little in the middle of the dish; dust with 2 tablespoonfuls flour, and add a cupful of sugar. Make a paste of a teaspoonful flour and little water, with which brush over the edge of the under crust to prevent the juice from escaping; add the upper crust and trim the superfluous crust from the edge with a knife. Bake in a quick oven. Dust with powdered sugar or cover with a meringue made of the white of 1 egg and a tablespoonful of pulverized sugar, or omit both and eat plain.

Cherry Pie

Prepare the requisite quantity of cherries by removing the pits; line a pie-plate with crusts, fill with cherries; sprinkle with a few bits of butter, about 2 tablespoonfuls flour, and ¾ cupful of sugar if white cherries are used, but if red, sour ones, a whole cupful of sugar will be required. Cover with an upper crust, making a few short gashes in the center. Bake until the crust is done and of a delicate brown.

Lemon Raisin Pie

One cupful chopped raisins, seeded; the juice and grated rind of 1 lemon, 1 cupful cold water, 1 tablespoonful of flour, 1 cupful sugar, and 2 tablespoonfuls butter. Stir lightly together and bake with upper and under crust.

Coconut Pie

One cupful grated fresh coconut, 1½ cupfuls sweet milk, the yolks of 4 eggs, a little salt, 1 tablespoonful melted butter and sugar to taste. Beat the whole about 5 minutes and put into shell previously prepared. Set into the oven and bake until the crust and filling are done, then cover with the whites (which have been beaten to a stiff froth) and browned before removing from the oven. If desiccated coconut is used soak it in milk over night.

Meringue

Beaten white of egg and 1 tablespoonful powdered sugar to make tender. One-sixteenth teaspoonful cream tartar. Place in very slow oven until biscuit colored.

Clear Lemon Pies

Dissolve 4 tablespoonfuls cornstarch in a little cold water and stir it in with 1½ pints boiling water until it thickens. Just before setting it away to cool, add 1 dessertspoonful of butter. Grate the rind and squeeze the juice of 3 lemons, and add with it about 1½ cups of sugar—the quantity of sugar must be governed largely by taste, as lemons vary so much in size and juiciness. Before the cornstarch is fairly cold, add it to the lemon and sugar.

Line two pie-plates; prick it to prevent its rising unevenly and bake it. Fill these crusts with the mixture, return them to the oven till thoroughly heated, then spread over them a meringue of the whites of 3 eggs. Brown it delicately, and cool the pies gradually. They should be entirely cold when served.

Butter-Scotch Pie

Mix 1 cupful dark brown sugar with 3 tablespoonfuls flour and a pinch of salt; add the yolks of 2 eggs, 1 teaspoonful melted crisco and 1 cupful milk. Cook in double boiler until thick and pour into baked crust. Cover with meringue and bake in oven.

Butter-Scotch Pie

Bake pastry rolled as for pie crust on the outside of an inverted pie-pan. Prick the paste all over and set it on a tin sheet to keep the edge from contact with the oven. When baked set inside the pan, turn in butter-scotch filling and cover with meringue, made of the whites of 2 eggs and 2 tablespoonfuls granulated sugar. Let bake about 10 minutes. Serve when partly or wholly cold.

Filling for Lemon or Orange Pie

1½ tb. cornstarch
1 c. boiling water
1 c. sugar
1 large lemon or orange (juice)
1 egg yolk
¾ tb. butter
Pinch salt
1 large lemon or orange (rind)

Separate the yolk and white of egg. Mix cornstarch to the consistency of cream with cold water. Add boiling water until cornstarch loses its whiteness and becomes transparent. Add sugar, let boil up once over the fire, then place in double boiler over hot water for ½ hour. When cooked 15 minutes, add the grated rind and piece of butter, allow to cook until no taste of cornstarch is perceptible. Remove from the fire, add the beaten yolk of egg, the juice of lemon or orange and a generous pinch of salt. Pour into the baked crust. Add meringue and bake in quick oven.

Mincemeat

Boil 2 pounds tongue until tender, 3 pounds round steak; when cold chop fine.

4 lbs. raisins
4 lbs. sugar
1 lb. orange or lemon peel
1 oz. cinnamon
Juice and rind of 5 lemons
1 pt. wine
½ oz. cloves
½ oz. allspice
1 t. mace
1 t. white pepper
1 pt. brandy
3 pts. good cider

Put fruit together and boil in liquor from beef for about ½ hour; drain, add spices, 1 pound suet chopped fine; add liquids and the 5 pounds chopped apples. Put in quart jars and seal. Will keep for months.

Mincemeat Pie

Make rich crust and fill with mincemeat, adding a little hot water to it if not thin enough. Put on top crust and bake.

Pumpkin

1 qt. stewed pumpkins
3 c. rich milk
1 c. sugar
½ c. molasses
4 eggs (save whites for meringue)
Salt, cinnamon and ginger to taste

Banbury Tarts

1 c. raisins
½ c. currants
2 large soda crackers
Juice and rind of 1 lemon
Juice and rind of 1 orange
¼ c. sherry
1 c. brown sugar
1 egg

Roll crackers, mix ingredients. Roll pastry very thin. Cut in rounds, place 2 teaspoonfuls of the mixture in center, wet edges, fold, press edges together with fork dipped in flour. Snip holes in top with scissors. Bake until brown in hot oven.

Napoleons

Bake paste in three thin sheets, pricking thoroughly before baking. When baked, put together with cream filling. Cover top with confectioner's icing, and sprinkle generously with finely chopped pistachio nuts.

Valentine Tarts

Bake flake pastry in small, fancy patty pans. Fill with valentine cream, placing ½ blanched almond on each.

Filling for Lemon Tarts

5 tb. flour, or
3 tb. corn starch
1 lemon, juice and rind
1 c. sugar
1 t. crisco
2 c. boiling water
2 egg yolks

Mix the flour and sugar, crisco and lemon (rind to be grated, juice strained so no seeds remain; they give that unpleasantly bitter taste). Add the hot water and let boil up once. Place in double boiler, add the beaten egg yolks, stirring constantly. Cook about 10 minutes.

Valentine Cream

⅓ c. flour
⅛ t. salt
2 tb. sugar
2 c. scalded milk
1 c. finely ground almonds
1 t. almond extract
2 eggs

Mix and sift the dry ingredients. Beat the eggs well and add to the dry mixture. Gradually pour over this the scalded milk, stirring constantly until it thickens. Cook 15 minutes in a double boiler. Stir in the almonds, and add the extract.

Lemon Jelly for Tarts

2 tb. gelatin
2½ c. boiling water
½ c. cold water
½ c. lemon juice

Soak gelatin 20 minutes in cold water, then dissolve in boiling water. Strain and add sugar and lemon juice. Mold and chill.

Tart Filling

½ c. raisins
½ c. currants
¼ c. citron

Chop fine. I put them through the food chopper. Roll the pastry moderately thin and cut into 4-inch squares; on the center put a portion of the fruit mixture, and bring the corners together, moistening them slightly to keep in place. Bake in an oven hot enough for flake pastry.

Cherry Pie

Stone a quart of red cherries; cover with a cupful of sugar mixed with 2 tablespoonfuls of flour. Line two deep pie-dishes with plain pastry and brush it over with the white of an egg, slightly beaten. Stand aside while you roll out the upper.

Almond Layer Pie

Pastry

1½ c. flour
7 tb. crisco
½ t. salt
Water

Filling

6 tb. crisco
1 c. sugar
3 eggs
½ c. blanched and powdered almonds
Grated rind of 1 lemon

Make a short crust of flour, crisco, salt and water. Roll out thin and line bottom and sides of a pie-pan. Cream crisco, add sugar and cream together; add yolks of eggs separately and well beaten; then rind of lemon, almonds and lastly well beaten whites of eggs. Mix thoroughly and spread one-half of the mixture onto the pastry. Then cover with a layer of pastry, the rest of mixture, and lastly cover with pastry.

If liked, the pastry may be rolled out, brushed over with crisco, then mixture spread over it, and rolled up to form a roly-poly. Bake in a moderate oven until brown.

Apple Dumplings

2 c. flour
4 tb. crisco
¾ c. milk
4 t. baking powder
½ t. salt
Sugar
Cinnamon
Crisco
4 apples

Mix first five ingredients the same as for baking powder biscuits. Roll ½ inch thick, cut into squares and lay in the center of each an apple, pared and cored. Fill place that was cored with sugar and cinnamon and take corners and pinch together. Place in a baking pan greased with crisco, dot over with sugar and crisco and bake in a moderate oven until brown. These are best served hot.

CHAPTER XVI

CAKES—GINGERBREADS

"Cake is to the appetite what mirth is to the melancholy."

Brown Sugar Cookies

2 eggs
1½ c. brown sugar
⅔ c. butter or crisco
1 t. vanilla
2 t. cream tartar
1 t. soda
¼ t. salt
3 c. flour

In measuring sugar, pack solidly in cup. Combine sugar, butter and eggs well beaten. Add flour, soda, cream tartar and salt.

Filled Cookies

1 c. sugar (fine granulated is best)
⅓ c. crisco or butter
½ c. milk
3½ c. flour
1 egg
1 t. soda
2 t. cream tartar
1 t. vanilla

Filling

1 c. chopped raisins
½ c. water
½ c. sugar
1 t. flour

Cook until thick, being careful not to burn.

Roll cookies thin and put in pan with a teaspoonful of the filling on each, letting it come not quite to the edges. Place another cookie on each and bake in a moderate oven.

Snaps

⅛ c. crisco
2 c. light brown sugar
2 c. flour (sifted before measured)
Yolks of 3 eggs (well beaten)
½ oz. carb. ammonia
1 t. baking powder
½ t. ground cinnamon
½ t. nutmeg
¼ t. cloves
½ t. lemon extract

Pulverize the ammonia; then dissolve it in about ½ cup of water (cold). After it is all mixed put by teaspoonfuls the mixture in well greased baking sheet about 3 or 4 inches apart.

Peanut Macaroons

White 1 egg
Pinch cream of tartar
⅓ c. sugar
½ t. flour
⅔ c. peanuts

Beat the whites with the cream of tartar until stiff. Beat in one half the sugar. Add the rest of the sugar, folding it in with the flour and pounded nut meats. Bake in a moderate oven on paper on the bottom of pans.

Peanut Cookies

1 c. flour
1 t. baking powder
2 tb. crisco
½ c. sugar
1 egg, beaten well
2 tb. sweet milk
½ t. salt
1 c. finely chopped peanuts

Sift dry ingredients together. Cream crisco and sugar, add egg well beaten, put in little flour, and a little milk alternately till all is added. Add peanuts finely chopped. Drop by teaspoonfuls on greased tins an inch or two apart. Put half a peanut on each cookie and bake in a quick oven. (Two cupfuls peanuts equal ½ cupful shelled.)

Molasses Cookies

½ c. sugar
1 c. molasses
½ c. crisco
1 t. salt
2 rounding t. soda
1 t. ginger
⅔ c. cold water for soft cookies or boiling water for crisp cookies.
Sufficient flour to roll out

Mix sugar, molasses and shortening. Add water and 2 cups of flour mixed and sifted with soda, salt and spices. Add enough more flour to roll out. Bake in hot oven.

Hermits

2 c. brown sugar
¾ c. crisco
3 eggs
1 t. soda
Flour to mix a soft dough
2 tb. hot water
1 c. chopped raisins
½ t. ginger
1 t. each of cinnamon, cloves and nutmeg

Combine brown sugar, crisco and yolks of eggs well beaten; add whites of eggs beaten until stiff, soda dissolved in hot water, 2 cups of flour mixed and sifted with spices and raisins mixed with a little flour; then add enough more flour to mix a soft dough. Roll out, shape, and make as molasses cookies.

Ginger Snaps

1 c. molasses
½ c. crisco
3¼ c. flour
½ t. soda
1 tb. ginger
1¾ t. salt

Heat molasses to the boiling point and pour over crisco and dry ingredients mixed and sifted. Chill thoroughly. Toss one-fourth of the mixture on a floured board, and roll as thinly as possible; shape with a small, round cutter, first dipped in flour. Place close together on a sheet greased with crisco and bake in a moderate oven.

Spice Fancies

½ c. molasses
¼ c. sugar
3 tb. crisco
1 tb. milk
2 c. flour
½ t. soda
½ t. salt
½ t. cloves
½ t. cinnamon
½ t. nutmeg

Heat molasses to the boiling point. Add sugar, crisco and milk. Mix and sift dry ingredients and add to the first mixture. Cool thoroughly. Toss on a floured board, roll as thinly as possible, shape with a small cutter. Place on a sheet greased with crisco and bake in a moderate oven.

Drop Cakes

½ c. crisco
1 c. sugar
2 eggs
½ c. milk
2 c. flour
4 t. baking powder
2 t. cinnamon
¾ t. salt

Cream crisco and sugar, add well beaten eggs. Sift dry ingredients and add to mixture, alternating it with the milk. Bake in gem pans that have been greased with crisco.

Ginger Crackers

1 pt. New Orleans molasses
¾ c. crisco
1 level tb. soda, ginger, cloves and cinnamon

Put the whole on stove to boil. Flour to stiffen. Roll out and cut.

Oatmeal Crisps

2½ c. dry oatmeal
2 eggs
1 c. sugar
2 tb. melted crisco
2 t. baking powder
½ t. salt
Vanilla to taste

Mix, drop on greased pan, baking in a moderate oven.

Scotch Cookies

2 eggs
2 tb. crisco
1 c. brown sugar
2 tb. flour
2 c. rolled oats
1 t. salt
1 t. vanilla

Beat eggs, add remaining ingredients. Drop by teaspoonfuls on criscoed pan, and spread each out thinly as small cookies. Bake in moderate oven until brown (about 6 minutes).

Walnut Cakes

½ c. crisco
½ c. brown sugar
½ c. boiling water
2 tb. molasses
1 t. soda
2 c. flour
½ t. cinnamon
⅓ t. cloves
⅓ t. nutmeg
½ t. salt
Walnut halves

Cream crisco and sugar, add water and molasses. Sift dry ingredients and add to first mixture. Drop from a spoon on baking tin, greased with crisco. Press a half walnut meat into each cake and bake in a moderate oven.

Chocolate Cookies

½ c. crisco
1 c. sugar
1 egg
1 t. salt
2 oz. chocolate
2½ c. flour
2 t. baking powder
½ c. milk
½ t. vanilla

Cream the crisco, add sugar gradually, egg well beaten, salt and melted chocolate. Beat well and add flour, mixed and sifted with baking powder, alternately with milk. Roll very thin, shape with small cutter, and bake in a moderate oven.

Rolled Oats Wafers

2 tb. crisco
6 tb. sugar
1 egg
1 t. vanilla
¼ t. salt
1 c. rolled oats

Cream the crisco with sugar, add beaten egg, vanilla, salt and oats. Drop from a spoon on a baking tin that has been greased with crisco. Bake in a moderate oven.

Sultana Delights

¾ c. crisco
1½ c. sugar
3 eggs
1 t. soda
1½ tb. hot water
1 t. salt
1 t. cinnamon
1 c. English walnuts
½ c. currants
½ c. raisins
3¼ c. flour

Cream the crisco, add sugar gradually, and eggs well beaten; add soda dissolved in hot water, and one-half the flour, mixed and sifted with salt and cinnamon. Then add fruit which has been dredged with 1 tablespoonful of the measure of flour. Add remainder of flour last. Drop by spoonfuls 1 inch apart on sheets greased with crisco and bake in a moderate oven.

Rocks

Beat white of 1 egg stiff and add 2 teaspoonfuls pulverized sugar and chopped nuts. Flavor, spread over wafers or crackers and brown slightly in moderate oven.

Rocks

Cream 1 cup of sugar, ¾ cup butter, 2 well beaten eggs, 1½ cups flour, 1 teaspoon cinnamon, 1 teaspoon cloves, ½ pound chopped English walnuts and cup raisins, 1 teaspoon soda dissolved in little hot water. Mix and drop on buttered baking sheet. Bake in moderate oven.

Fresno Raisin Cookies

¾ c. crisco
2 c. sugar
5 c. flour
½ c. milk
1 c. raisins (seedless)
1 c. raisins (seeded)
4 eggs
1 t. lemon
1 t. vanilla
1 t. soda
1 t. salt

Cream crisco and sugar, add eggs (whole), one at a time. Beat until batter is smooth. Add lemon and vanilla. Alternate with flour and milk and stir till nice and smooth. Lastly stir in raisins, which have been ground through a meat chopper. The dough should be as soft as can be handled nicely. Roll out on well floured board ¼ inch thick. Sprinkle with sugar, passing the rolling-pin over the dough once to adhere to the sugar. Bake 6 to 8 minutes in a moderately hot oven.

Peanut Cookies

2 tb. crisco
½ c. sugar
¾ t. salt
1 egg
2 tb. milk
1 c. flour
1½ t. baking powder
½ t. vanilla
¾ c. peanuts chopped fine

Cream the crisco, add sugar and well beaten eggs. Stir in the milk and vanilla and add this to the dry ingredients that have been well sifted together. Stir in the peanuts last of all and drop by spoonfuls on a buttered pan. Bake in a moderate oven.

Hermits

⅓ c. crisco
1 c. sugar
2 eggs
¼ c. milk
2½ c. flour
2 t. baking powder
½ t. cinnamon
½ t. cloves
½ t. mace
½ t. nutmeg
½ t. salt
1 tb. cocoa
½ c. raisins chopped fine

Cream the crisco and sugar; add the eggs beaten together; alternate with milk and dry ingredients sifted together. Roll ¼ inch thick, cut in squares or circles and bake in moderate oven until well set.

Fresno Gems

Place 1½ cups of sugar, ½ cup of crisco and 3 eggs in mixing bowl; cream thoroughly until smooth and light. Sift 3 cups of flour three times with a teaspoon each of salt and cinnamon, ½ teaspoon of cloves and 4 teaspoonfuls of baking powder. Add this alternately to first mixture with a scant cup of clear coffee (or add 1 tablespoon of pulverized coffee to flour and use milk in batter), then stir in lightly 1 cup of raisins, seeded, halved and floured. Bake in deep greased pans in moderate oven.

Oatmeal Cookies

2 c. rolled oats
2 c. white flour
1 c. crisco
1 t. salt
1½ c. brown sugar

Mix ingredients thoroughly with hand. Dissolve ½ teaspoon soda in ½ cup hot water; add little by little till mixture is dissolved. Roll thin with plenty of flour. Bake in a quick oven.

Filling for Cookies

1 c. chopped raisins
½ c. sugar
½ c. water
1 t. flour

Cook until thick.

Coconut Cookies

2 eggs
1 c. sugar
1 c. cream
3 c. flour
1 t. salt
½ c. shredded coconut
3 t. baking powder

Beat eggs; add gradually sugar, coconut, cream and dry ingredients. Chill, toss on floured board, pat and roll ½ inch thick, cut round. Bake in moderate oven.

Sugar Cookies

¾ c. crisco
1½ c. sugar
2 eggs
3½ c. flour
2 t. baking powder
1¾ t. salt
½ t. soda
1 c. sour milk

Cream the crisco, add sugar gradually, creaming after each addition. Beat the eggs and add to the mixture. Sift the dry ingredients together and add to the first mixture, alternating at first with the sour milk. Keep cold and as soft as can be handled. Roll to ⅜ inch thick. Bake on reverse side of a baking sheet. Just before placing in the oven, sprinkle with sugar.

Snowballs

6 egg whites
¾ c. confectioners' sugar
1 c. pastry flour
5 drops of almond flavoring
½ t. cream of tartar

Sift the sugar three times and the flour five times and measure carefully. Beat the eggs very stiff and dry and beat in the sugar, continue beating until thick, then fold in the flour sifted with the cream of tartar and add the flavoring. Drop large spoonfuls in ungreased ring molds and bake in slow oven; cool before taking from rings. Cover with a cooked icing and roll on all sides in shredded coconut.

Drop Cakes

¼ c. crisco
½ c. sugar
¼ c. milk
½ t. salt
1 c. flour
2 t. baking powder
1 c. chopped nuts
2 eggs

Mix ingredients as you would for a loaf cake and drop on buttered tins, using a heaping teaspoonful for each cake.

Cream Puffs

1 c. hot water
½ c. crisco
1 c. flour
4 eggs
¼ t. salt

If eggs are very large you will not need so many. Boil the crisco and water together. Add the flour and stir till the mixture leaves the sides of the saucepan. Add the unbeaten eggs, one at a time, mixing each in well before adding another. Drop by tablespoonfuls on a buttered pan and bake in a moderate oven.

Filling for Cream Puffs

2 c. milk
8 tb. flour
¼ t. salt
2 eggs
¾ c. sugar
1 t. vanilla

Scald the milk and pour it slowly into the dry ingredients that have been well mixed together, stirring constantly. Cook till smooth. Add the well beaten eggs just before removing the mixture from the double boiler. Cool and add flavoring.

Peanut Cookies

⅛ c. butter
½ c. sugar
¼ t. salt
1 egg
2 tb. milk
1 c. flour
1½ t. baking powder
½ t. vanilla
¾ c. peanuts pounded fine

Cream butter, add sugar and well beaten egg. Stir in the milk and vanilla and add this to the dry ingredients that have been well stirred together. Stir in the peanuts last of all and drop by spoonfuls on a buttered pan. Bake in a moderate oven.

Ammonia Tea Cakes

2 eggs
1 c. sugar
¼ c. butter
3 c. flour
½ oz. carbonate of ammonia
1 t. vanilla

Cream the butter, add the beaten eggs and stir in the sugar and vanilla. Dissolve the powdered ammonia in 2 tablespoons of water and add it with the flour quickly. Roll out, cut into cakes and bake immediately.

Nut Wafers

1 tb. crisco
1 c. brown sugar
7 tb. flour
2 eggs (whites only)
1 c. ground nut meats

Sift sugar and flour together, rub in crisco; add well beaten whites and pinch of salt. Work in the ground nut meats. Drop from spoon on well criscoed tins. Bake in hot oven.

German Crisps

¾ c. crisco
2 c. sugar
1 lemon, grated rind and juice
3 eggs

Flour enough to knead a soft dough. Roll out very thin, brush with white of egg, sprinkle with sugar and bake in hot oven.

Wafers to Serve with Salad

2 c. flour
1 t. cream tartar
1 t. salt
1 tb. crisco

Sift together the dry ingredients, add the crisco, mixing thoroughly. Then add just enough sweet milk to make a stiff dough. Roll thin and cut out any shape. Bake in quick oven.

Hermits

1½ c. sugar
1 c. crisco
2½ c. flour
3 eggs
½ t. salt
1 t. soda
¾ lb. chopped raisins
1 lb. nuts, chopped not too fine
2 t. cinnamon

Cream crisco, add sugar and cream, add eggs and beat well. Dissolve soda in 1 tablespoonful of hot water, add to mixture. Sift dry ingredients together and stir in, and lastly, add the fruit. Grease cake tin well with crisco, and drop mixture on by teaspoonfuls. Bake in a moderate oven.

Crisco Brownies

⅓ c. crisco
⅓ c. sugar
⅓ c. dark molasses
2 eggs, well beaten
1 c. flour
1 c. nuts

Mix in the usual manner. Beat eggs but do not separate them. Bake in small, fancy-shaped tins or in a sheet and cut in squares. These are a cross between cake and candy and are very delightful.

Brownies

1 c. granulated sugar
6 tb. melted crisco
2 eggs
2 squares chocolate, melted in 1 tb. boiling water and stirred until smooth
⅓ t. salt
½ c. flour
1 c. English walnuts, chopped fine
1 t. vanilla

Spread very thin in square pans and bake in a slow oven about 25 minutes. Cut in strips and serve with ice-cream. This is a cross between cookies and heavy cake.

Jim Crows

Beat in a pan over a slow fire 1 pound of sugar beaten into 4 egg whites until it thickens. Remove from fire and beat until cold; mix ½ pound skinned and finely shaved or crushed almonds and ⅔ cupful of cocoa in this meringue. Drop small cakes, resembling a rock, with a teaspoon, on well greased and floured pans. Let rest about 1 hour and bake in a moderate hot oven about 10 or 15 minutes. As soon as top and bottom have a firm crust, they are baked. Must be creamy inside after baking. Let cool and remove from pans.

Fruit Wafers

½ c. butter
1 c. sugar
½ c. molasses
½ c. milk
¼ c. wine or grape juce
4 eggs (yolks only)
2 c. flour
2 t. baking powder (leveled)
½ c. nut meats
3 c. fruit
3 t. spice

Add flour, roll out thin and cut in fancy shapes. This same made a little thinner by adding grape juice, baked in bread pan, and cut, when cool, in slices, is fine for lunches.

Oatmeal Cookies

1 c. sugar
½ c. crisco
1 c. oatmeal
1 c. coconut
2 c. flour
1 t. soda
7 tb. sour milk
Nuts may be added if desired
1 c. raisins, chopped

Drop a teaspoonful on a buttered pan.

Marguerites

1 c. sugar
2 eggs
¼ c. water
Pinch cream tartar

Boil until it spins a thread. Have whites of 2 eggs beaten and pour syrup slowly over the egg, beating constantly. When stiff spread on round or shaped wafers or crackers. Sprinkle nuts or fruit on top and place in moderate oven until slightly browned.

CHAPTER XVII

VEGETABLES—POTATOES

Boiled Potatoes

Wash the potatoes, and put them into boiling water. Cook until they can be pierced with a fork. Drain off water, set in a vessel on the back of the stove to dry the potatoes; and, if covered with skin on, cut a gash in each potato as they are sent to the table.

Potatoes with Cream Sauce

Cut the boiled potatoes into dice ½ inch square. Put over each quart of potatoes 1 cup of white sauce; to this add ½ teaspoon more of salt and ¼ teaspoon of pepper.

Scalloped Potatoes

Put the potatoes with cream sauce into a baking dish, alternating a layer of crumbs with several spoonfuls of potatoes. Put crumbs on last, dot over with butter, bake brown.

Delmonico Potatoes

Use the above recipe, putting in cheese instead of crumbs.

Potatoes au Gratin

Melt a tablespoon of crisco in the frying pan, stir in 2 tablespoonfuls of flour, put in as much or a little more cheese than crisco; after melting stir in 1 cup milk, cook until it thickens, season with salt and pepper. Put in a baking pan a layer of cold boiled potatoes and sauce alternately, baking 20 minutes.

Potato Pancakes

Take a quart of grated potatoes, season with salt and pepper, add 3 eggs, ½ cup of milk, 1 teaspoonful baking powder and flour enough to make it stiff enough to fry.

Potato and Cheese Puff

Cook and mash at noon enough potatoes for both dinner and supper. Add to 1 quart of the potatoes 2 slightly beaten eggs, salt, pepper, celery salt, or paprika, and grated cheese

in quantity to suit taste. Mash together thoroughly with wooden spoon, a little milk or cream may be added. Butter a baking dish, sprinkle sides and bottom with bread crumbs, and fill dish with mixture. Round top in mound and sprinkle a few bread crumbs on top. Bake for about 20 minutes.

Stuffed Potatoes

Select long, smooth Irish potatoes, wash, rub with crisco and bake until soft. Cut in halves and with a spoon remove the inside of potatoes. Cream with butter, pepper, salt and little cream. Refill the potato cases. Dip each in cheese, replace in oven and bake 15 minutes. Serve on hot napkins.

Sweet Potato Croquettes

2 c. mashed boiled sweet potatoes
2 tb. sugar
1 tb. crisco
1 t. salt
1 egg, well beaten
Pinch of black pepper

Add sugar, salt, pepper and crisco to hot potatoes and fold in well beaten eggs. Add ¼ cupful raisins plumped in hot water; shape into small croquettes, dip in flour, then in egg and in crumbs and fry in deep crisco heated until a crumb of bread turns a golden brown in 40 seconds. Drain on absorbent paper.

Potato Nests

Boil 6 medium-sized potatoes and when thoroughly cooked, run through ricer, add ½ teaspoon melted butter and yolk of 1 egg. Salt and pepper to taste. Put in pastry bag. Arrange potatoes on chop dish and put in oven to brown. Fill with green peas when ready to serve.

Potato Balls

Peel large potatoes and with a potato scoop make balls, reserving balance of potato for soup or mashed potatoes. Boil the balls in water, to which add 1 teaspoonful salt, until they are tender, then drain and pour white sauce over them.

Potatoes au Gratin

Dice cold boiled potatoes fine, and mix with a cup of thick cream; season with salt and pepper and let stand over the stove where it will be merely warm till the potatoes have absorbed most of the cream; then scatter sifted crumbs over the top, dot with butter and brown in the oven.

Potato Puff

2 c. cold mashed potatoes
2 tb. butter
2 eggs
1 c. milk

Beat potatoes and butter to a cream, add the other ingredients, salting to taste. Beat all well together, pour in a buttered dish and bake.

French Fried Potatoes

Wash and pare small potatoes. Cut lengthwise into thin slices, and soak in cold water. Remove from water, dry thoroughly, and fry in deep, hot crisco. Drain on paper and sprinkle with salt. Serve hot.

For frying potatoes, or any article containing considerable moisture, the crisco should be hot enough to turn a cube of bread a golden brown in 20 seconds. For frying, potatoes should always be cut in thin slices.

Potatoes Brabant

Prepare as for boiled potatoes, using small ones of a uniform size, if possible. Cut in two, lengthwise. Parboil 10 minutes. Drain and place in a baking tin. Bake until soft. Baste three times during the baking with melted crisco.

Potatoes au Gratin

Peel raw potatoes, cut fine. Place in a baking dish a layer of potatoes, then add grated cheese, butter, salt and cayenne pepper, and so on until dish is full. Then turn milk over all, until potatoes are just covered. Bake in moderate oven ½ hour.

Potato Puffs

Take 1 cup cold mashed potatoes and stir into it ½ cup sifted flour and 1 teaspoonful salt and ½ teaspoonful baking powder. Lastly add 2 well beaten eggs. Drop by spoonfuls into crisco heated for 40-second test, drain and serve hot. Oysters may be enclosed in each puff.

Potato Balls

Add to beaten yolks of 2 eggs 2 tablespoonfuls of cream, 2 cupfuls of hot mashed potatoes, 2 tablespoonfuls crisco, ⅓ cupful grated yellow cheese, ½ teaspoon salt and cayenne

pepper and grated nutmeg to taste. Mix well and shape into balls the size of apples; roll each in bread crumbs and then in egg which has been beaten with milk, then in crumbs again; press each side of the apples to form a slight indentation; drop in hot crisco.

Creamed Potatoes

2 c. boiled mashed potatoes
2 tb. butter
¼ c. hot milk
1 t. salt
Dash of white pepper

Stir the butter, milk, and seasonings into the potatoes, cream well and serve hot. Set in the oven for a few minutes, to keep hot.

New Potatoes

2 qts. potatoes
2 tb. butter
1½ t. salt
1 pt. milk
⅛ t. pepper

Wash the potatoes and rub off the skins. Cook them in boiling water till easily pierced with a fork. Drain off water, add milk and seasoning and serve as soon as the milk is hot. Cream sauce may be used instead of butter and milk.

German Fried Potatoes

Parboil the potatoes with the skins on, cut up in slices (not too thin); now put in a frying pan enough clarified butter to cover bottom of pan; when the butter has melted put in the potatoes, saute well, then press them in the corner of the pan so as to form an omelet and brown well. Serve hot. Add green and red peppers for "O'Brien Potatoes."

Cottage or Home Fried Potatoes

Potatoes German fried saute, cottage or German fried potatoes are prepared as follows: Treat as above for German fried, slice them clear across, salt and pepper, dip in hot butter to make the body set, then saute, browning on both sides. The boiled potatoes may be made into an omelet and nicely browned.

Hashed Browned Potatoes

Season a little more than a pint of cold boiled potatoes which have been boiled in salted water and chopped into small dice, using 1 saltspoon of salt and ¼ teaspoon black

pepper. Having stirred the seasoning well through the potatoes turn them into an iron spider, in which you have melted but not browned a rounded tablespoonful of good butter; again stir them constantly while the potatoes are heating and until the butter is evenly distributed; add 3 or 4 tablespoonfuls of cream, again stir, then push them back on the range to brown slowly without stirring.

Corn on the Cob

Husk the corn and remove the silk. Cook from 20 to 30 minutes in boiling salted water. The corn baked in the inner shuck for 30 minutes is sometimes served.

Scalloped Corn

Place a layer of cracker crumbs in the bottom of a dish, then a layer of corn, season with salt, pepper and butter. Add another layer of crackers, then corn and seasoning until the dish is filled. Moisten with milk and bake in a moderate oven.

Green Corn Omelet

Cut from the cob enough young green corn to make 1 cupful. Beat 5 eggs, yolks and whites together, until light. Add to them 5 tablespoonfuls milk, salt and pepper to taste and the cut corn. Melt 2 tablespoonfuls butter in an omelet pan and cook as for an ordinary plain omelet.

Scalloped Corn

2 c. corn
2 c. milk
2 c. bread crumbs
¼ c. crisco

Grease a baking dish with crisco, put in a layer of crumbs, corn, small dots crisco, season with pepper and salt, repeat and pour in the milk in which the egg is mixed, cover the top with crumbs and bake in a moderate oven about 30 minutes.

Corn Pudding

Score down each row of grains on 6 ears of corn and press out the pulp with a dull knife. Add to it a tablespoon each of flour and milk, 2 eggs beaten until very light, ½ teaspoon salt, and a dash of black pepper. Bake in a shallow pan in a quick oven 20 minutes. Cut into squares, and serve with creamed beef or fricasseed chicken.

Canned Boiled String Beans

Heat the beans to the boiling point in the liquor in which they were canned, drain off the liquor, add salted boiling water, and cook for 10 minutes, slowly. Drain again, season with salt and pepper, and stir in a great lump of butter. When this is melted serve. Or, if preferred, pour a white sauce over the beans, instead of butter.

Tomatoes and Corn

Select tomatoes of medium size; cut out the stem end without peeling, scoop out the pulp and drain. Take a cup of cooked corn, mixed with 2 half-beaten eggs, a tablespoon of butter, and a tablespoon of flour rubbed to a smooth paste with milk; season well with salt and pepper. Fill the tomatoes with the corn and bake in a moderate oven for 20 minutes.

Green Peppers—Tuna Fish

To 6 peppers prepared for stuffing, take small can tuna fish, 1 cup cream sauce, ½ cup bread crumbs, ¼ cup walnut meats. Mix fish, crumbs, nut meats and white sauce, season with salt and a little chopped chives. Fill peppers, place in baking dish, in which have 1 cup of water to prevent peppers wilting—bake in hot oven 15 minutes.

Green Corn, Scalloped

Six large ears of tender corn, 1 quart ripe tomatoes, ½ pint mild onion, heaping tablespoon butter, 1 teaspoon sugar, 1 teaspoon salt, dust of black pepper, or 1 large green pepper shredded fine. Peel tomatoes, cut in thick slices, slice onions thin, blanch and drain, cut corn from cob, saving all the milk, put a layer over the bottom of an earthen dish, cover with sliced tomatoes and onions, then sprinkle with salt and sugar and dot with bits of butter and shredded green pepper. Repeat till dish is full, putting plenty of butter on top, pour over the milk from the corn, and bake in a very hot oven for 25 or 30 minutes. Serve hot or cold. If served cold, with a sharp French dressing or boiled vinegar dressing.

Kentucky Corn

Cut from the cob enough corn to make 3 cups. Beat 2 eggs slightly and pour over them a cup of hot milk, to

which has been added 2 tablespoonfuls butter. Add this to the corn together with generous seasoning of salt and pepper. Turn into a baking dish and stand this in hot water. Bake in a moderate oven until set. If the flavor of green peppers is liked, 2 tablespoonfuls of this, finely minced, may be stirred among the corn.

Corn Omelet

Beat 6 eggs very soft and light, and add salt and pepper; make a pint of white sauce, and into this stir the contents of a can of corn, first draining off the liquor. Season with a little sugar, salt and white pepper. Turn the eggs into the omelet pan, and when the omelet is set, spread it with half the corn mixture, fold it over, transfer to a heated platter, and pour the remainder of the corn and sauce about the omelet. Serve at once.

Corn

1 qt. corn
1 c. milk
1 t. salt
2 tb. butter

Husk the corn and remove the skin (a stiff whisk broom is useful for this). With a sharp knife cut down the center of each row of kernels, and scrape or grate the corn from the cob. Cook the corn for 20 minutes; add the milk, salt and butter. Serve as soon as heated through.

Baked Beans with Pork

2 c. beans
1 t. salt
½ lb. salt pork
½ t. mustard
1 tb. molasses

Wash and soak the beans over night. In the morning drain, and put in bean pot with the pork, either in one piece in the center, with a little of it projecting above the beans, or put into thin slices and mix with the beans. Add the salt and molasses and a cup of boiling water. Bake 5 hours.

Baked Beans

Pick over a quart of small beans, and soak over night in warm water. Next morning parboil them until the skins crack open, then drain and pack in an earthen pot. When the pot is about ⅓ full, place it in a pound of streaked salt pork. Cover them with beans, and over them pour 1 dessert

spoon of molasses, mixed with as much vinegar, a tablespoon of mustard, ¼ teaspoon pepper, all dissolved in water enough to cover the beans. Cover tightly and bake in moderate oven 5 or 6 hours.

Baked Eggplant

Peel and slice the vegetable in ½-inch slices. Place in salted water, covered, and with a weight on top to keep the slices submerged. Soak 1 hour or longer, drain, rinse and wipe dry. Dip in beaten egg, sprinkled with buttered cracker crumbs and place in a baking dish.

Stewed Eggplant

Cook like squash. The addition of tomato sauce to the pulp improves the flavor.

Stewed Lima Beans

Put a pint of shelled lima beans into slightly salted boiling water, with 1 or 2 slices of onion. When tender, drain and remove the onion; now add 2 ounces of butter, enough hot water or stock to moisten the beans, and a little white pepper, allow to simmer 10 or 15 minutes, and serve.

Young Lima Beans

1 qt. shelled beans
2 t. salt
1 qt. boiling water
½ c. sweet milk
2 tb. butter

Put the beans into hot water and simmer until tender, which will be from 40 to 60 minutes. Add salt, milk, and butter. Heat and serve.

Dry Beans

1 qt. beans
1 t. salt
3 qts. water
¼ lb. bacon

Soak the beans over night in cold water. Wash the bacon and put it with the beans into the required quantity of water. Simmer slowly, from 2 to 4 hours until tender. Add the salt a short time before serving. Tomato catsup may be added a short time before serving.

String Beans

2 qts. string beans
⅓ lb. bacon
4 qts. water
1 t. salt

String the beans by breaking the blossom end toward the inside curve, and pulling the string down to the stem end. Break the stem end and pull the string down the outer curve. Break the beans into several pieces and put into cold water. Wash the bacon and fry for a few minutes in the pot in which you are to cook the beans. Add the water and when boiling put in the beans. Cook about 2 hours until tender. Add the salt, if the meat does not make the beans salty enough, and serve.

Leftovers Dish

Put any cold meat you may have through the meat chopper, add pepper, salt and 1 teaspoon kitchen bouquet; add to this enough boiling water to make gravy. Have some rice nicely boiled in slightly salted water; put the meat in a deep dish (keeping back as much as possible of the gravy), cover the meat with the rice and pour the gravy over it.

Fried hominy or cornmeal mush may be used in the same way to serve with meats or for breakfast with syrup. Cook ⅔ cupful in 1 pint of boiling water until it thickens, then place over boiling water to finish cooking for about an hour, adding salt and more water if too stiff, also an egg yolk or a little butter (or add chopped nuts or grated cheese). When done, pour into flat pans, and when cool cut in crescents, diamonds or strips, roll in egg and crumbs or corn flakes and fry in deep crisco.

Fried Mush

Pour mush on a large platter to cool. Slice and dip in ½ cup sweet milk and beaten egg. Roll in cracker crumbs and fry in hot, deep crisco.

Okra

Test with the thumb nail. Unless the thumb nail cuts in freely the pods are too tough. But do not throw away the tough ones. Shell the seed from them and either dry to use in soup or to cook alone, when they should be served with butter, vinegar and salt. Cut stems off the pods, cook whole those half-grown or under, but cut those more mature into ½-inch slices.

Boil until tender in water very slightly salted. When a fork pierces them readily they are cooked enough. Drain them well, lay in a deep pan or hot dish, dress with butter, salt, pepper and vinegar and set 5 minutes in hot oven. This should be served hot.

Asparagus

Wash and cut the tender stalks into inch-long pieces; put to cook in just enough salted boiling water to cover. When tender add a cup of cream or milk, and, if you use milk, a good sized piece of butter, and a little white pepper. Have some slices of buttered toast in a tureen, pour the asparagus over it and serve in small dishes, giving to each person a piece of toast, upon which put the sliced asparagus with a spoonful or two of the liquor. If preferred, the toast may be omitted, but it is a decided improvement to the dish.

Baked Eggplant en Creme

Eggplant, 6 slices; milk, 3 cups; butter; bread crumbs toasted, ½ cup; salt, 2 tablespoonfuls.

Peel the eggplant and cut in slices about ¾ inch thick. Place slices in a pan and cover with toasted bread crumbs. Pour over this the milk, add the salt and small pieces of butter, and bake. If it becomes too dry, add a little more milk.

Baked Squash

Five small and 1 large squash, the large squash about the size of a soup bowl. Cut up small squash and scoop out center of large squash, leaving simply the shell, which reserve. Stew small squash in water, small amount, seasoning with butter, pepper and salt, and when stewed almost dry, put into the squash shell, sprinkle top with bits of butter, and bake in oven for about 15 minutes.

Stewed Squash

4 squash
2 tb. butter
1½ t. salt
¼ t. pepper

Peel the squash and slice them. Put into a saucepan with half enough boiling water to cover, and simmer 30 minutes. When tender, add butter and seasoning, mash and serve.

The butter may be melted in a frying pan and the squash browned in it.

French Cucumbers

Peel the cucumbers and cut lengthwise in strips, simmer slowly till tender; drain and season with salt and pepper. Make a cup of rich, white sauce and lay the cucumbers in and serve hot.

Cucumber Fritters

Peel and grate 4 large cucumbers. Press out juice. To the pulp add 3 well beaten eggs, a high seasoning of salt and black pepper, 1 teaspoon of melted butter and flour sufficient to make a drop batter. Measure the amount of flour used and for each cup allow 1 teaspoon baking powder, which is to be stirred in last. Drop by small teaspoonfuls in a kettle partly filled with hot fat and cook slowly until puffed up and brown. These will be found excellent.

French Peas

Mince and fry in 1 tablespoon of crisco, 1 small onion. Rub smooth 1 tablespoon of flour and 1 cup of water, salt and pepper. Add to 1 quart of fresh peas or 1 can of peas when poured over the peas. Add a little parsley. Serve in hot dish or use to garnish meats.

Spanish Tomatoes

Peel or slice 1 quart of tomatoes or use one 3-pound can, removing seed. Cut in small pieces 3 bell peppers. Take 4 onions and simmer until tender, then add tomatoes and pepper to the onions and simmer for an hour, season with salt, pepper and 1 teaspoon of chili powder, adding chili powder about ½ hour before done. Then prepare 2 cupfuls of stale bread crumbs; mix alternately in a dish tomatoes and bread crumbs; moisten slightly with a little juice of tomatoes and sprinkle on each layer chili powder, covering the top with bread crumbs, and bake in hot oven for 10 or 15 minutes.

Panned Tomatoes

Cut tomatoes into halves, put them, skin side down, in a pan; dust with salt and pepper and bit of butter the size of a pea on each. Bake ½ hour. Moisten 2 level tablespoonfuls flour, gradually, with 1 cup of milk; place in pan. Stir until boiling, add ½ teaspoonful salt, and strain over the tomatoes.

Mock Oysters

Slice medium-sized green tomatoes, fine. Make a batter by beating until light, yolks of 2 eggs, add ¼ cup of sweet milk; 1 teaspoon salt, 2 teaspoonfuls chili powder and enough flour to make a stiff batter. Beat whites of eggs stiff and add to the batter; let stand ½ hour, then beat again. Dip sliced tomatoes one at a time into the batter and fry in hot crisco.

Stuffed Tomatoes

Select firm, round tomatoes of uniform size. Cut slice off blossom end with knife, take out the inside of 8 tomatoes. Two cups bread crumbs, 1 onion minced, ½ sweet pepper, 1 tablespoon butter, salt, pepper, and celery salt, to taste. Add this mixture to the meat of the tomatoes. Chop all fine and fill the tomatoes with the mixture, top with the slice, cut off, put in baking dish half filled with water and bake about 20 minutes or until tender. Serve on lettuce hearts.

Tomatoes and Mushrooms

To a can of tomatoes, add a teaspoon of Worcestershire sauce, a teaspoonful of butter rubbed with 1 of flour and ¼ teaspoon of paprika, and as much salt. Simmer till it is thick, then add a little onion juice or minced onion and ½ can mushrooms; cook 10 minutes.

Scalloped Tomatoes

Rub the contents of a can of tomatoes through a colander. Season with a heaping teaspoon of sugar, and salt and pepper to taste. Butter a pudding dish and put into the bottom of it a layer of tomatoes, sprinkle well with bread crumbs, and scatter bits of butter over these. Put in more tomatoes and more crumbs until the dish is full, having the top layer of buttered crumbs. Set the dish in the oven, cover for ½ hour, uncover and brown.

Scalloped Tomatoes

1 doz. or 1 can of tomatoes
2 tb. butter
1 c. crumbs
1 t. salt
2 tb. sugar

Scald the tomatoes, peel and stew for ½ hour. Put into a baking dish, stir in salt, sprinkle over with crumbs and sugar, and dot over with butter. Brown in the oven.

Tomatoes Stuffed with Macaroni

Select tomatoes of even size. Cut a slice from the top of each and remove the greater part of the pulp and seed. Fill the cavity with cooked macaroni, which has been seasoned with salt, pepper, butter and grated cheese. Bake for 20 or 30 minutes, according to the size of the tomatoes, and serve in place of meat as a luncheon or supper dish.

Stuffed Sweet Peppers

Select 8 sweet peppers of good shape. Cut slice from blossom end and take out the seed. Pour boiling water over peppers and let stand for several minutes. Fill cases with following mixture:

One cup steamed rice, half as much minced cold meat or chicken, ham or beef, seasoned with salt, pepper, Worcestershire sauce and melted butter. Place in baking dish half filled with water. Bake 15 minutes. Before baking rub the shells over with oil to prevent getting dull.

French Dried Corn

Cut tender corn lengthwise through kernels, then scrape out, or use 1 can of corn. Drain off moisture, put in skillet 2 tablespoonfuls crisco, add corn, salt and pepper, cover, let cook until a delicate brown on under side. Serve that way or if preferred, turn and brown other side, but leave center soft cooked.

Red Peppers and Mushrooms

Cut off the small ends of peppers and take out the seed. Mix 2 cups of soft white bread crumbs with ½ cup good, thick sweet cream, and a cup of chopped mushrooms; season with salt, stuff the peppers lightly, and bake, basting with butter as they cook. Serve plain or with a sauce.

Stewed Mushrooms

Peel 1 pint of button mushrooms and cut off the ends of the stalks; put them in a bowl of water, with a little lemon juice, as they are prepared. When all are prepared take from the water carefully, put them in a stew-pan with 2 tablespoonfuls butter, pepper, salt and the juice of ½ lemon; cover closely and let the mushrooms stew gently 25 minutes;

thicken the gravy with a teaspoon of flour and sufficient milk or cream to make the gravy of the proper consistence, add a little grated nutmeg, and allow to simmer 5 minutes.

Mushrooms Baked in Cream

Put rounds of toast on the bottom of a deep dish and spread with very thick cream; sprinkle with salt, and paprika; lay on them large, peeled mushrooms and cover closely and bake in a hot oven for 45 minutes; remove from the fire, but let the dish remain covered for 5 minutes before serving.

Creamed Cauliflower

Always secure creamy, white heads. Stem from stalk just below head, wash thoroughly. A good way is to hold head under running water. Dip in warm water to drive out any insects. Divide into bunches, steam in a colander or put in muslin bags and cook in water. Steaming is best and more convenient. Cook slowly until tender. Serve in dish with cream sauce or diluted lemon juice and melted butter.

Stuffed Green Pepper (Fried)

A delightful stuffing for green pepper is made by grinding leftover meat and adding raisins and nuts, such as pecans, or English walnuts.

The peppers should be first scalded for a few moments, then skinned, seeded, stuffed and rolled in flour. Then dip in beaten eggs that have been prepared to taste; fry and serve hot.

If preferred peppers cooked in this way may be stuffed with cheese and crumbs instead of meat and if a mild, sharp cheese is used, they make a very appetizing dish.

Cauliflower and Red Peppers

The ordinary variety of sharp red peppers are used in this dish; after cutting them in halves, put them in boiling water, till the skin is loosened; rub this well and wipe the inside off well, to remove the strong taste. Fill with cooked cauliflower mixed with white sauce and dot with tiny bits of cooked carrots. Serve hot, with parsley around them.

Green Peppers

Green peppers may be stuffed with macaroni and white sauce, being careful to remove all the seeds and the connecting fiber from the pepper.

Peppers Stuffed with Sweetbreads, Etc.

Select 8 green peppers that will stand level; remove a piece around the stem with the seed. Pour boiling water over the peppers, cover and let stand ½ hour. Cut a parboiled sweetbread and peeled tomato in small pieces, add 6 blanched almonds cut in slices, 1 cup of hot boiled rice, 1 teaspoon grated onion and salt to season; mix together and use.

Spinach

Wash the spinach, shake well and put into a saucepan with the water. Watch carefully and turn over with a fork when the spinach wilts. When it is all heated through, drain and sprinkle with salt. Serve with butter and garnish with the rings of eggs.

Spinach

Chop very fine 2 small onions, and let simmer in a saucepan with 1 tablespoonful of boiled, chopped and mashed spinach. Stir well together and season with salt and pepper to taste. Pile high in a dish, and cover the top with chopped whites and yolks of 2 hard-cooked eggs.

Fried Cucumbers

Select cucumbers which are no longer very young. Peel them, cut them lengthwise into four or six pieces, roll in seasoned flour, fry until brown in crisco.

Parsnips

Boil the parsnips in salted water for 30 minutes. Scrape and slice lengthwise, and cook for a few minutes in hot butter. Season with salt and pepper. The slices of parsnips may be put into white sauce.

Buttered Parsnips

Pare nice, fresh parsnips, slice thin. To each quart of sliced parsnips add 1 tablespoon of butter, 1 tablespoon of sugar and salt. Cover pan closely and bake in a moderate oven. Add ½ cup of water to keep them from burning.

Baked Cauliflower

Take a head of cauliflower and let soak in mild salt water for at least 20 minutes. Boil whole until almost tender, then place in a baking dish and pour over it a cream dressing. Add bread crumbs and bits of butter. Bake 30 minutes.

Stuffed Eggplant

4 eggplants
4 tb. butter
1 c. crumbs
1 c. tomato sauce
2 eggs
¼ t. pepper
2 t. salt

Wash the eggplants, and cook in boiling water for 15 minutes. When cold, cut in half and throw away the seed. With a spoon remove the pulp, taking care not to break the skin. Melt the butter in the frying pan, add the crumbs, pulp and tomato sauce. Cook 5 minutes and put in the salt and pepper. Remove from the fire and stir in the beaten eggs. Fill the shells and bake in a hot oven 20 minutes.

Fried Eggplant

Peel the eggplant and cut in slices ⅓ inch thick. Sprinkle it with salt, pile on a plate and put a weight on the top to express the juice. Wipe dry after 1 hour, dip in flour, then in eggs or in crumbs and egg and fry in hot fat.

Turnip Greens

½ pk. greens
2 qts. water
⅛ lb. bacon
2 t. salt

Wash the meat and put it into the saucepan with the water. Wash the greens and break off the stems. When the water in the saucepan is boiling put in the greens, and cook till tender—45 minutes to 1½ hours. Add salt.

Mustard, dandelion leaves or poke sprouts make excellent greens.

Turnips

2 qts. turnips
1 tb. sugar
3 qts. water
⅙ lb. bacon
1 t. salt
¼ t. pepper

Peel and slice the turnips. Boil the meat in the water for ½ hour, add the turnips and cook for 40 minutes until tender. Drain, mash and season. Stir in the sugar and serve.

Creamed Beets

Drain the liquor from a can of beets, and cut the beets into slices ¼ inch thick. Make a rich, white sauce and turn the beets into this. Season with salt and pepper and toss and turn until very hot.

Beets with Vinegar Sauce

Turn the beets from the can and heat them in the liquor in which they were canned. Drain and put them into a vegetable dish to keep hot. Melt in a frying pan 2 tablespoonfuls of butter and stir into it 5 tablespoonfuls vinegar and a little pepper and salt. When boiling hot, pour over the beets, and serve.

Beets Stuffed with Peas

Select large can beets, and, with a small spoon, scoop out the insides. Drain the liquor from a can of peas, and heat in a little boiling water. Drain, add a spoonful melted butter and salt and pepper to taste, and fill the hollowed beets with them. Set in the oven for a few minutes, pour over all hot, melted butter and serve.

Beets

Wash the beets thoroughly and cut off the tops, leaving 3 inches of the stem. Put into a pot of boiling water to cover and cook till a fork will easily pierce the beets. Drain off the water, let cold water run over them, peel and slice. Serve hot with butter and salt or cold with salt, pepper and vinegar.

Boiled Cabbage

1 medium cabbage
⅓ lb. pork
2 t. salt
4 qts. water

Wash the pork and put it into the water with the salt. Cut the cabbage into quarters, and put it in cold water until the water in the vessel boils, then put the cabbage into the boiling water and cook for 20 to 30 minutes, leaving the pot uncovered.

If desired, the cabbage may be cooked without the pork, pouring off the water twice and renewing it with boiling water. Serve with butter and salt or white sauce.

Cold Slaw

1 qt. shredded cabbage
1 egg yolk
1 t. sugar
1 t. salt
¼ t. pepper
1 t. butter
½ c. vinegar
½ t. mustard

Keep the cabbage in cold water until ready to serve. Heat the vinegar and when boiling pour it into the other ingredients, stirring until smooth. Heap the cabbage on a dish, and pour the dressing over it as soon as cold. Garnish with hard-cooked eggs.

Stuffed Spanish Onions

Peel 6 Spanish onions, removing some of the outer layer if necessary in order to make them uniform size; then with a sharp knife remove the center of each onion and chop it rather fine, together with a green pepper from which the seeds and membranes have been removed. Add salt and 1 tablespoon of butter melted. Fill the onion shells with this mixture, making a nicely rounded top, and sprinkle with paprika. Bake in a casserole in the oven, or cook in a double-cooker on the top of the range for 2 hours.

Baked Onions

Peel about 6 or 8 and put in cold water, add pinch of soda, bring to a boil, then push back and simmer gently for ½ hour. Drain and put in baking dish, cover with cream sauce and bake for about 15 minutes.

Stuffed Onions

Peel the onions, scoop out the portion in the center, parboil for 5 minutes, turn upside down to drain, fill with stuffing made of equal parts of minced nuts or meat and soft bread crumbs and the onion taken from the center, chopped fine. Add salt, pepper and melted butter. Fill onion heaping full and cover with buttered crumbs. Put in a pan with 1 inch of water, bake till tender.

Onion Souffle

Boil 8 onions, chop fine, and squeeze dry. Add to 1 pint of cream sauce and the yolks of 3 eggs. Season with salt and paprika and add the stiffly beaten whites of 3 eggs. Set dish with souffle in pan of water and bake for 30 minutes or until firm.

Boiled Onions

1 doz. onions
2 tb. butter
2 t. salt
1 c. milk

Peel the onions under water. Cook till tender in a large vessel of water, changing the water twice. Drain, add butter, salt and milk. Heat and serve.

Green Peas

1 qt. shelled peas
1 t. salt
1 qt. water
½ c. sweet milk
2 tb. butter

Cook the pods in the water, remove them and put in the peas. Cook till peas are tender and the water much reduced. Add milk, salt and butter.

Macaroni Milanaise

Cook ½ package of macaroni in 3 quarts of salted boiling water until tender, drain well and cover with cold water for 10 minutes or more. Cook 1 can of tomatoes with 1 cup of water for 15 minutes with a bay leaf, bit of mace, onion, cloves, parsley, salt and pepper. Strain and thicken with ¼ cup of butter and flour blended together, or use a small can of tomato puree. Drain macaroni again, mix with sauce, add 1 cupful chopped green peppers parboiled, also cooked meat of ham, calves' liver and tongue, if for supper or luncheon, and simmer 15 minutes or put in baking dish, sprinkle top with grated cheese and crackers, buttered, and bake until brown.

Macaroni Timbale

Cook until tender in boiling salted water pieces of macaroni, putting in slowly and turning so as not to break it. Put on a towel to cool. Butter a mold and wind the macaroni around inside the mold, holding it in place with a filling. Large size macaroni can be cut in pieces ¼ inch long and used to line the mold. The macaroni can be placed upright around the sides of the mold and the rings put in the bottom.

Macaroni Timbale

Line a buttered mold with cold cooked macaroni. Stir ½ cup of bread crumbs in 1 cup hot milk; add 3 tablespoonfuls butter, 1 cup cold meat chopped fine, 1 tablespoon chopped ham, and 1 tablespoon finely chopped green peppers, salt and onion juice to taste, 2 eggs well beaten, and turn the mixture into the prepared mold. Steam until firm in the center, about 40 minutes. Serve with tomato sauce, season with horse-radish and a dash of lemon.

Timbale of Macaroni and Oysters

Cook macaroni in salted water, without breaking it, till soft. Butter a covered mold or small pail thickly, and beginning in the center of the bottom, coil the macaroni around. As it begins to rise in the sides put in a layer of the oysters, only half cooked, mixed with thick cream sauce, and then add more stem macaroni, and so on till the mold is full. Put on the cover and steam for half an hour. Turn it out on a hot platter and surround with cheese balls, made by adding butter and chopped parsley to grated American cheese and molding into shape.

Creamed Carrots

Carrots should be scraped or pared as thin as possible. Slice thin or cut in cubes, and cook in as little water as possible until tender. Do not make the mistake of cooking them too fast. When carrots are tender, add milk enough to barely cover, bring to the boiling point and thicken with flour. Add butter, and salt to taste.

Glazed Carrots with Peas

Select young, tender carrots. Scrape and cut out thin into shreds or slices. Cook in boiling water for 10 minutes, then drain the water away and return the carrots to the saucepan, adding to them a generous piece of butter. Continue to cook them slowly until tender, then arrange them as a garnish around young peas and sprinkle all with finely chopped parsley. The water in which the carrots were cooked should, of course, be kept to add to the soup stock.

Spicy Carrots

Scrape new carrots, cut in inch lengths. For a pint, put in a saucepan a heaping teaspoon of butter and teaspoon of salt. When hot turn in the carrots, shake well, cover and cook very slowly, adding a heaping spoonful of water if they are inclined to burn. When barely tender sprinkle with ½ teaspoon flour. Just before dishing add a pinch of powdered cloves, the grated rind of ½ lemon and tablespoon of chopped parsley.

CHAPTER XVIII

SANDWICHES AND RAREBITS

"Bread is the staff of life; bread and butter is a gold-headed cane."

There is a knack about making really good, appetizing sandwiches, just as there is about making anything else. One of the most important things to be considered is the bread. Any kind may be used, depending on the kind of filling put in. For the very best sandwiches, however, it should be at least one day old and should be cut into the very thinnest possible slices. Then, after the filling is in, the crusts should be trimmed off and the sandwiches cut, either in strips, triangles, or halves, or in fancy cookie shapes. Should the sandwiches not be wanted for immediate use, they should be wrapped up in a clean, dampened cloth and put in a cool spot until needed.

A list of the very best known fillings would include: (1) cold meats, such as ham, beef, roast, or lamb laid on the bread in very thin slices, with a leaf of lettuce, or finely chopped and worked with sufficient mayonnaise, cream or butter to form a smooth paste; (2) cheese; (3) jam or marmalade; (4) salad, as lettuce or water-cress covered with a thin layer of mayonnaise. All sandwiches should be made with creamed butter. To prepare it place the butter in a bowl and work it with a silver fork until it is soft and creamy. Then drain off the moisture at the bottom of the bowl, and with a knife spread the butter thinly and evenly on the bread.

Salmon Sandwiches

Drain a can of salmon, remove the bones, and flake the fish very fine. Dip a lettuce leaf in mayonnaise dressing, lay on a thin slice of buttered bread from which the crust has been cut, put a layer of the flaked salmon on this, cover with another lettuce leaf, and put on the upper half of the sandwich.

Tomato Sandwiches

Drain whole or canned tomatoes, and cut in thin slices. Make a French dressing and dip each slice into it, then lay on a lettuce leaf between two slices of Boston brown bread.

Spinach Sandwiches

Drain the liquor from canned spinach, cover with boiling water, salting slightly, and boil for 5 minutes, after which drain very dry, pressing out all moisture. When cold chop the spinach as fine as possible, seasoning with a little mayonnaise and pickled cucumber, minced into tiny bits. Spread between buttered bread-slices.

Spinach and Anchovy Sandwiches

Drain canned spinach as above, squeezing out every drop of juice, after boiling for 5 minutes. While hot heat in a cup of spinach a heaping tablespoonful of melted butter, salt to taste, and a dash of white pepper. Rub in now a tablespoonful of anchovy paste, or an equal quantity of chopped and boned anchovies. If the paste is used do not put the suggested salt into the spinach. When you have a smooth paste, spread it on the crustless slices of bread.

French Cheese Sandwiches

Brown bread Cream cheese
Jam, marmalade or preserved ginger

Slice the bread thinly and spread with a layer of the marmalade or jam. Strawberry or peach flavor should be used for the best results. Spread a layer of very fine cream cheese over the jam and cover it with another slice of bread. Press and serve for afternoon tea.

Vera Cruz Club Sandwiches

Between 2 slices of hot toast, spread a crisp lettuce leaf, thin slices of turkey or chicken and a thin slice of hot, crisp bacon that have been sprinkled with chili powder before frying, and 2 slices of dill pickle. Then sprinkle with a few drops of lemon juice or vinegar. Add a teaspoonful of olive oil and serve while hot.

Chili Sandwiches

Slice bread thin and butter. Lay between the slices crisp lettuce leaf and sprinkle well with chili powder and a few drops of lemon juice.

Ham and Chili Sandwiches

To 1 pound of ham ground fine, add 1 minced onion and 1 tablespoon of chili powder, mixing thoroughly, and spread over thin slices of bread, buttered.

Pepper Sandwiches

3 green sweet peppers
3 hard-boiled eggs
Small c. mayonnaise
Thin slices buttered bread

Run the pepper and the eggs through the meat chopper or chop them finely in a chopping bowl. Cover the chopped material with sufficient mayonnaise to give it the proper consistency for spreading. Trim the crusts from the buttered bread and put in a substantial layer for the filling.

Chicken Sandwiches

Left over roasted or boiled chicken
Cream to soften
Piece of butter
Salt and pepper
Buttered white bread

Mince up the chicken and put it into a saucepan with sufficient cream (or gravy, if there is any at hand), to soften it. Then add a good-sized piece of butter and a seasoning of pepper and salt. Put over the fire to heat, stirring the mixture constantly until it resembles a paste. Pour on a plate and when cool spread on thin slices of bread.

Cream of Chicken Sandwiches

½ c. white chicken meat
1 t. Knox's gelatin
1 pt. whipping cream
Seasoning of salt
Buttered white bread

Dissolve the gelatin in 2 tablespoonfuls of cold water. Pound the chicken finely and add the liquid gelatin and salt to taste. Put over the fire and stir until it begins to thicken; then remove from the fire and add cream, previously whipped, a little at a time. Stand away to cool, and when very cold spread on thinly cut and buttered bread.

Jellied Chicken Sandwiches

Chop the meat of a cold chicken with 1 stalk of celery, or put all through a food chopper. Season with a little grated onion or minced parsley. Soak 1 tablespoonful Knox's granulated gelatin in 4 teaspoonfuls of water until soft,

then add 6 tablespoonfuls of sweet cream and heat over hot water until gelatin is dissolved. Add the chicken meat, lemon juice, salt, and paprika to taste, beat all together thoroughly, and put all together in a shallow, oblong pan, wet in cold water. Set on ice to chill, then cut in slices to fit the bread cut for sandwiches.

Cream Cheese, Olives and Nuts

Thinly cut Boston brown bread
Cream cheese
Pitted olives
Piece of butter
Lettuce leaves
English walnuts

Work the cream cheese with sufficient butter to soften it. Chop the walnuts and olives finely, and when the cream cheese has been worked smooth, add them and work the paste some more until all of the ingredients are well mixed. Then spread on thin slices of buttered white bread, add a leaf of lettuce to each sandwich to moisten it and press the pieces of bread together.

Nut Sandwiches

English walnuts or almonds
Mayonnaise dressing
Lettuce leaves
Bread and butter

Chop the nuts finely and mix them with the mayonnaise. Spread between slices of bread and place a lettuce leaf between the parts of each sandwich. Sprinkle over with a bit of cayenne pepper. Variations may be obtained by first mixing the nuts with very finely chopped celery, with chicken, with olives or with figs. First mix the ingredients finely and add the nuts; then soften with sweet cream or mayonnaise to a paste that will spread easily before putting it on the bread. Season with salt and pepper or paprika.

Brown and White Sandwiches

Boston brown bread
White bread
Creamed butter
Chopped olives
Celery salt
Red pepper

Season the butter with a bit of celery salt, finely chopped red peppers and olives, work to a paste. Cut the brown and white bread into thin and even slices, and trim off the crusts until the pieces of bread are of the same size; then spread on

butter. Place the slices alternately, first a white and than a brown slice, until you haave five layers. Press these down firmly but evenly and with a sharp knife cut down slices about ½ inch thick.

Sweet Sandwiches

½ lb. chopped dates
½ lb. figs
1 c. coconut
1 tb. sweet chocolate
1 scant c. sugar
1 c. pecan nuts
Rye bread or crackers

Melt the butter in a saucepan and add the rest of the ingredients. Put the mixture over the fire in a double boiler and stir well. After simmering for about 10 minutes, remove from the fire and allow to cool slightly. Then beat to a creamy consistency and spread on crackers or fresh rye bread.

Fruit Sandwiches

Mix together 3 tablespoonfuls canned cherries, stoned and chopped fine, the same quantity of canned and grated pineapple, and a tablespoonful canned and minced apricots. Drain all the fruit dry from the liquor in which they were canned, and mix with a teaspoonful of very thick, clotted cream. Spread between crackers and serve at once.

Caviar—Lettuce

On a lettuce leaf place a thick slice of tomato. Spread the tomato thickly with caviar. Take a hard-boiled egg, grate white and yolk separately. Cover the tomato with the yolk, and sprinkle the white on the lettuce leaf.

Cheese Sandwiches

Mash or grate American cheese, add salt, a few drops of vinegar and paprika, and a speck of mustard. Mix thoroughly and spread between thin slices of bread.

Cheese and Anchovy Sandwiches

To the mixture mentioned in the preceding recipe, add a little anchovy essence. Sardines mashed or rubbed together into a paste or any other fish paste may be used in a similar way.

Cuban Sandwiches

This sandwich may be described as a club sandwich with cheese. It is usually made large so that it is necessary to eat with a knife or fork. It may be made in such proportions as to supply a large amount of nourishment.

Cut the crusts from the slices of bread. Between two slices lay first lettuce with a little salad dressing or salt on it, then a slice of soft, mild cheese and finally thin slices of dill pickles or a little chopped pickle.

Toasted Cheese Sandwiches

Plain bread and butter sandwiches with fairly thick slices of cheese put between the slices are frequently toasted, and at picnics, or at chafing-dish suppers, are often browned in a pan in which bacon has just been fried.

Fig Sandwiches

1½ c. light brown sugar
Scant tb. butter
¾ c. water
½ lb. shredded coconut
½ lb. chopped figs
½ c. chopped walnuts
Whole wheat bread

Boil the sugar, butter and water together until they form a thick syrup. Then remove from the fire and add the coconut, the figs and the nuts. Stir until creamy and then pour into buttered dish. When cool spread between thin slices of bread.

Sardine Sandwiches

6 tinned sardines
2 hard-boiled eggs
5 olives
Lemon juice
French mustard
Sardine oil
Salt
Buttered rye or white bread

Scrape the skin lightly from each fish and cut off the tail. Split open and remove the bones. Chop the eggs and olives fine; then add the sardines and mix the whole well, adding enough of the sardine oil to bind it. Flavor with lemon juice, salt and French mustard. Spread on thin slices of bread. If desired, the eggs may be omitted and the boned sardines alone be spread on the bread. Cover with a leaf of lettuce and flavor with a few drops of lemon juice before the top layer of the sandwich is put on.

Sandwich Filling

1 Neufchatel cheese
1 pimento
1 10-cent bottle stuffed olives
¼ lb. English walnuts

Chop the nuts and olives and pimentos. Mash the cheese and mix. Soften to spread easily with thick cream. Spread on thin slices of brown bread, buttered.

Lettuce Sandwiches

An entire leaf of lettuce is cut in ribbons with scissors, put between thin slices of buttered white bread and seasoned with mayonnaise, French dressing or salt, as preferred. Lettuce should always be crisp and only the heart utilized.

Preserved Ginger Sandwiches

Chop preserved ginger very fine, moisten with some of the syrup or rich cream to a consistency to spread and put between rounds of entire bread no larger than a dollar.

Nut and Cheese Sandwiches

Mix with cheese chopped or pounded nuts and spread on slices of rye, whole wheat, graham or Boston brown bread. Almonds, butternuts, peanuts or English walnuts may be used.

Cream Cheese and Ripe Olive Sandwiches

Stone and chop the olives fine, and beat into a cream cheese, adding a little cream to moisten and salt and paprika to season. Green olives are also used in the same way. Spread between slices of white or brown bread.

Raw Beef Sandwiches

Chop raw steak and onions very fine, season with salt and pepper and spread on brown bread.

Honey Sandwiches

Cut fresh white bread into thin slices, then into strips of about two fingers' length and width. Butter lightly and spread with honey, taking care that it does not run over the edge.

Rarebit Sandwiches

Make a Boston rarebit with cream and spread between slices of white bread and crackers.

Sandwich Filling

One small onion, 9 olives, 1 green pepper, 1 chow-chow pickle, 1 cup of grated cheese, bread and butter. Chop fine all the ingredients excepting the bread and butter. Then add enough mustard dressing from the chow-chow to form a paste when mixed with the other things. Spread on thin slices of buttered bread.

Nasturtium Sandwiches

Use three-fourths blossoms and one-fourth leaves. Lay on thin slices of buttered bread, brown or white, cover with another slice, and cut into small, oblong form. Pile in log-cabin fashion on a dainty doily.

Cheese Sandwiches

Season grated cream cheese with a little salt and pepper, and spread on thinly sliced bread. Equal parts of grated cheese and chopped English walnut meats also make a nice filling for sandwiches.

Russian Sandwiches

Spread crackers with thin slices of cream cheese; cover with chopped olives, mixed with mayonnaise. Place a cracker over each and press together.

Nut Sandwiches

Mix equal parts of grated Swiss cheese and chopped English walnut meat. Season with salt and cayenne. Spread between thin slices of bread, slightly buttered, and cut in fancy shapes.

Egg Sandwiches

Chop finely the whites of hard-boiled eggs; force the yolks through a strainer or potato ricer. Mix yolks and whites, season with salt and pepper, and moisten with mayonnaise or cream salad dressing.

Club Sandwiches

For one service spread 4 fresh-toasted, triangular pieces of bread with mayonnaise dressing. Cover 2 of these with lettuce hearts; on the lettuce lay thin slices of cold, cooked

chicken breast, above the chicken slices of crisp, hot broiled breakfast bacon, then cover with the other triangles of toast, spread with mayonnaise. Set these on a plate; beside them set 2 heart-leaves of lettuce, each containing a scant teaspoonful of mayonnaise dressing.

Club House Sandwiches

2 thin rounds of white bread
1 thin round of graham or rye bread
4 large oysters, broiled or fried
Slices of cooked chicken or turkey
2 slices of crisp bacon
Horse-radish
4 small radishes
1 slice of lemon
1 small tomato
Sauce tartare
Lettuce

Dip the bread in beaten egg and saute to a golden brown in clarified butter. The oysters and bacon should be broiled and hot. Lay the first slice of bread on a plate over 2 or 3 lettuce leaves. Lay the oysters on the bread, with a grating of horse-radish on each oyster, cover with bread; on this lay the chicken or turkey, cut in thin slices; season with salt and pepper; put on the bacon and cover with the third slice of bread. On top lay the slice of lemon; about this dispose the pickles and radishes. Serve the tomato on a lettuce leaf at the side. Peel the tomato, cut out the hard center and fill with sauce tartare.

Society Sandwiches

Delicious for afternoon teas, picnics and children's lunches. Chop fine 1 cup of seeded raisins, together with 1 cup of nuts (preferably walnuts), mix with whipped cream or the white of an egg beaten, season with salt. Spread between slices of thinly buttered bread cut very thin.

Welsh Rarebit

1 tb. of butter
1 t. of cornstarch
½ c. of milk
½ lb. of cheese, cut into small pieces
¼ t. each of salt and mustard
A speck of cayenne pepper

Cook the cornstarch in the butter; then add the milk gradually and cook 2 minutes; add the cheese and stir until it is melted. Season and serve on crackers or bread toasted on one side, the rarebit being poured over the untoasted side. Food value is that of about ¾ pound of beef. Calculated cost, 13 cents.

Tomato Rarebit

2 tb. of butter
2 tb. of flour
¾ c. of milk
¾ c. of stewed and strained tomatoes
⅛ t. of soda
1 lb. of cheese
2 eggs, slightly beaten
Salt, mustard, cayenne pepper

Cook the butter and the flour together, add the milk, and as soon as the mixture thickens add tomatoes and soda. Then add cheese, eggs, and seasoning. Serve on toasted whole wheat or graham bread.

Shrimp Wiggle

1 c. canned peas
1 small can shrimps
1 tb. butter
2 tb. flour
1 c. milk
½ t. salt
¼ t. paprika

Melt the butter; stir in the flour and seasoning; then add the milk gradually. When it thickens empty into it the peas and shrimps; cover and when heated through serve in patty cups or on crackers.

Deviled Lobster

2 c. boiled lobster
1 t. curry powder
1 t. mustard
¼ t. salt
½ t. chili sauce
3 tb. butter

Cut the lobster into small pieces; mix thoroughly with 1 tablespoon of butter and the seasonings. Melt the rest of the butter; cook the lobster in it and serve on fresh lettuce leaves.

Clams a la Creme

1 pt. clams
2 tb. butter
Salt, pepper and nutmeg
1 tb. chopped parsley
Yolks of 3 eggs
½ c. cream
Buttered toast
¼ t. paprika

Separate the hard from the soft parts of the clams and chop the hard parts fine. Melt the butter in the chafing-dish; add a little salt, pepper and grated nutmeg, then the clams; bring all to a boil. Beat together the eggs and the cream; stir into the hot mixture; bring to a boil and serve on squares of buttered toast. Sprinkle the parsley lightly over the top.

Cheese Scramble

8 eggs
4 tb. milk
2 tb. butter
1 c. grated cheese
Salt and pepper

Beat the eggs thoroughly and stir into them the milk and seasoning. Melt the butter in the chafing-dish; pour in the eggs and milk; then the cheese. Stir occasionally until the eggs are cooked. Serve with crisp crackers.

Macaroni Rarebit

Boil 2 ounces of macaroni or spaghetti for ½ hour. Drain, cover with cold water, and drain again. At serving time, put ½ pound of grated cheese in a saucepan or chafing-dish, add ½ teaspoonful of salt, a tablespoonful of tomato catsup, a teaspoonful of Worcestershire sauce, and 1 egg, beaten with 2 tablespoonfuls of water. Put over the fire and stir continuously until the cheese is melted and smooth. Add the macaroni cut into inch lengths; heat, and serve at once on toast or crackers.

Welsh Rarebit

1½ tb. butter
½ lb. grated cheese
1 egg or 2 yolks
½ t. salt
¼ t. paprika
½ c. milk

Melt the cheese and crisco in a double boiler. Mix egg, salt, pepper and milk, and add very slowly to the cheese as it melts. Stir constantly. Cook until mixture is creamy and serve on cracker or toast.

Mexican Rarebit

Use 1 pound of rich, mild cheese grated, 1 tablespoonful of butter, 1 egg, ½ cupful of stale beer or milk if preferred, a pinch of salt and from 1 to 2 tablespoonfuls of chili powder. First, put the butter in a saucepan and when melted add the chili powder and salt, stirring until thoroughly mixed; add the cheese and continue to stir briskly until it is thoroughly melted; then slowly add the beer or milk, stirring all the time, and lastly add the egg and stir until the rarebit begins to thicken. Serve quickly on crackers or preferably on hot toast, being sure that your platters are hot.

CHAPTER XIX

CAKES

Cake baking is an art, and may be acquired by industry and accuracy. We divide cakes into two classes: sponge cakes, which have no butter nor shortening of any kind, and cakes containing shortening sufficient to make them tender. In sponge cakes, or those lacking shortening, the eggs and sugar are thoroughly beaten together and dry ingredients folded in, and baked in a moderate oven from 40 to 60 minutes.

We divide the making of cakes into three divisions, each one of which is important.

1. Having decided upon a recipe, the first step is to prepare, on the work table, all ingredients accurately measured to insure against the possibility of leaving out some important factor of success. Sugar is sifted not only to take out foreign particles, but to insure even grain to the cake, as it is more difficult to cream coarse sugar than fine, granulated sugar. The coarse grains left in sifter may be used for sweetening or cooking. Shortening should be creamed and measured, flour should be sifted before being measured, replaced in sifter along with the required amount of baking powder, or soda and cream of tartar, and salt and sifted several times, using two sheets of heavy paper and sifting from one to the other, holding the sifter balanced twelve inches above the paper, thereby incorporating a larger amount of air in the flour than could be gotten by sifting at closer range. Eggs should be separated and whites be placed in cool, dry vessel, and if not used immediately placed in the refrigerator.

2. Shortening and sugar are thoroughly creamed until we have a soft, fluffy mass free from grains. Too much importance cannot be attached to this particular point, as the care with which the sugar has been dissolved will be reflected in the texture of the cake after baking. One half the liquid (and for delicate cakes I recommend water instead of milk), should be added before sifting in any of the dry ingredients, care being taken, however, that not enough liquid is put in at any one time to cause a separation of the creamy mass. Alternate the flour and the balance of the liquid, until all have been incorporated in the batter. Add flavoring, and best results are gotten by using a small quantity of the best on the market rather than a great deal of the

cheaper grade. Beat the whites of the eggs well with a wire whisk, when stiff but not dry fold in the batter, place immediately in well floured aluminum or good block tin cake-pans, and bake at once.

3. The baking of a cake is quite important. Layer cakes should go into a quick oven so that they may rise and set immediately before forming a hard crust on the outside. Loaf cakes should be baked in a very moderate oven, so that they will rise well before being baked, keeping the oven heat steady, though slow, and opening the oven door as little as possible, lest the small bubbles formed by action of the baking powder break, and cause the gas to escape. Place a heavy paper over loaf cake until well risen.

4. Cakes should be removed from tins at once to wire trivet, thereby securing a free circulation of the air about the cake. Sponge cakes and cakes containing a large amount of egg whites should be inverted and allowed to shrink from the pans, thereby there will be no weight on the delicate walls of the air cells of these eggy batters. In baking cake, we seldom consider the amount of nutriment to be given thereby, inasmuch as an individual will at any one time eat but a small portion. This usually comes at the end of a hearty meal, served as dessert, or taken between meals. Wherever economy, therefore, is necessary, I recommend its observance in cake making, reserving liberal use of eggs, milk and butter where they will enter into their true position in the dietary. Every cake in this book with the exception of a few fruit cakes, is planned on an economical basis, and has been thoroughly tested by years of usage in my own kitchen.

Crisco, I find, makes a lighter cake with better texture than butter, at less than half the cost; however, more industry is necessary in the creaming of crisco—butter, containing 20% of moisture and casein, requiring less creaming. The difference in prices, however, will recommend crisco for cake making. Swansdown prepared flour will be found economical in delicate white cakes and sponge cakes. For flavoring, I use and heartily recommend Burnett's extracts.

Royal baking powder will be found wholesome and reliable. Crisco has been used in all cake recipes, principally because of its uniform results; however, if it is desired to use butter instead, substitute ¼ more butter than quantity given here of crisco; in the Emily white cake ¾ cup butter will take the place of ½ cup of crisco.

Sponge Cake

6 eggs
1 c. flour
1 c. sugar
1 lemon
Pinch of salt

Beat the yolks of eggs until light, add the sugar a little at a time, then the salt and 1 tablespoonful of the mixed juice and grated rind of the lemon, then add alternately the stiffly beaten whites and the flour. Both flour and sugar should be sifted thoroughly before using. Ice the cake with white icing flavored with 1 tablespoonful of the lemon juice and rind.

Angel Food Cake

10 egg whites
1 c. flour
1 t. cream tartar
1½ c. sugar
1 t. vanilla
1 t. salt

Beat whites until foamy, add cream tartar and beat until stiff and dry. Add cup of sugar and beat until it will stand. Add flavoring. Sift flour eight times, last time sifting remaining ½ cup sugar. Fold in very lightly and put in angel pans which have been floured. Bake in a moderate oven 50 minutes. Invert and allow to fall out of pan on wire trivet.

Angel Fruit or Nut Cake

Make batter same as plain angel cake, put half of the batter in pan; cut candied or brandied cherries in two, drop on top of batter in pan, or if nuts, ½ cup of nuts, ½ cup raisins, ½ cup grated coconut, ½ cup angelique, ½ cup of any one of the above, or if a mixture is desired, use ¼ of any two fruits, or fruit and nuts. Then put rest of the batter on top, spread evenly with a spatula, then run spatula through the bottom of the pan and gently mix the fruit all the way around. Bake same as plain cake, let hang in pan and pull out. If brandied cherries are used, wipe moisture out of them.

Chocolate Angel Cake

Use recipe for the angel cake, and to the flour add 3 tablespoonfuls cocoa and flavor with a teaspoonful vanilla.

Angel Fig Cake

Make same as angel cake. Bake in 2-layer tin; let cool. Make icing from the whites of 4 eggs, 2 cupfuls sugar and 1 cupful water, season with vanilla. Spread layer of icing and then layer of finely chopped figs that have been cooked 20 minutes in slightly sweetened water and well drained.

Spread another layer of icing, put on top layer and cover with icing and lastly figs. Soft figs need only to be soaked in hot, sweetened water.

Feather Cake

4 eggs
1½ c. granulated sugar
½ c. crisco
1 t. salt
½ c. water
2½ c. flour
2 t. baking powder
1 t. Burnett's vanilla

Beat eggs separately; sift flour once, then measure. Add baking powder and salt, and sift three times. Cream crisco and sugar thoroughly; beat yolks to a very stiff froth and stir in; whip whites until very stiff and add water.

Ice Cream Cake

¾ c. crisco
2 c. sugar
½ c. sweet milk
1 c. water (hot)
3 c. flour if layer cake (½ c. more if baked in loaf)
3 t. baking powder
8 egg whites
1 t. salt

Sift dry ingredients five times. Cream crisco and sugar, flavor with vanilla and almond. Alternate flour and milk, and at last hot water just before eggs.

Caramel Layer Cake

1 c. sugar
5 tb. crisco
2 eggs
⅘ c. milk
2 t. baking powder
2 squares chocolate
Flour to stiffen

Filling for the top and between the layers:

2 c. sugar (brown)
1 tb. crisco
⅔ c. milk
1 t. salt

Boil 5 minutes or longer. Take from the stove and beat constantly until it creams. Flavor with vanilla. On the top layer, scatter whole walnut meats.

Marshmallow Cake

2 c. sugar
¾ c. crisco
3½ c. flour
1 t. salt
1 c. sweet milk
8 egg whites
1 t. vanilla
¼ t. almond extract
3½ t. baking powder

Cream crisco, add gradually one-half the liquid, alternate with the dry ingredients which have been sifted together four times, bake in layers for 20 minutes in an oven of 350 degrees. Make filling of charlotte russe if to be used at once, otherwise spread with boiled icing.

Emily White Layer Cake

1½ c. sugar
½ c. crisco
1 c. water
4 egg whites
3 c. flour
3 t. baking powder
1 t. salt
1 t. vanilla

Cream crisco, add sugar and cream together. Sift dry ingredients and add alternately with liquid. Add vanilla, beat mixture thoroughly, and lastly fold in the stiffly beaten whites of eggs. Pour mixture into cake tins and bake in moderate oven for 20 minutes. Flour the cake tins.

Bride's Cake

2 c. sugar
⅔ c. crisco
1 c. water
8 egg whites
3 c. flour
3 t. baking powder
1 t. salt
1 t. orange extract
1/8 t. cream tartar

Cream crisco, add sugar and cream together. Sift dry ingredients and add alternately with water. Add extract, beat mixture thoroughly and lastly fold in stiffly beaten whites of eggs. Cream of tartar added to egg.

Economy Golden Cake

2 c. sugar
1 c. crisco, creamed
1 t. orange extract
1 t. salt
1 c. sweet milk
10 egg yolks
4 t. baking powder, sifted three times
4 c. flour

Cream crisco and 1 cup of sugar. Beat eggs and 1 cup sugar and combine mixtures. Add one-half of milk and alternate dry ingredients and balance of milk. Beat well. Bake in layers in a moderate oven 25 minutes. or bake in loaf in moderate oven 45 minutes. Five whole eggs may be used.

Butterless-Milkless-Eggless Cake

⅔ c. crisco
2 c. brown sugar
2 c. water
1 c. seeded raisins
1 t. salt
2 t. powdered cinnamon
1 t. powdered cloves
½ t. nutmeg
½ t. powdered mace
2 t. baking soda
4 c. flour
1 t. baking powder
¾ c. chopped nut meats
3 tb. water (warm)

Put the crisco into a saucepan, add sugar, water, raisins, salt and spice, and boil for 3 minutes. Cool and add dry

ingredients, soda dissolved in the warm water and the nut meats. Mix and turn into a floured cake tin and bake in a slow oven for 1½ hours. Bakes well in a fireless cooker.

Lord Baltimore Cake

1¼ c. sugar
¾ c. crisco
½ c. cold water
1 t. vanilla
2½ c. sifted flour
2½ t. baking powder
½ t. salt
Yolks 6 eggs beaten light

Cream crisco, add sugar and cream together. Sift together three times the dry ingredients and add alternately with water. Add vanilla, beat mixture thoroughly and last fold in the beaten yolks of the eggs.

Lunch Cake

6 tb. crisco
1 c. sugar
1 c. milk
2 eggs
2 c. flour
2 t. baking powder
1 t. salt
1 t. vanilla

Cream crisco, add sugar gradually and then the well beaten eggs. Sift the dry ingredients, and add to the first mixture alternately with milk. Add flavoring last.

One-Egg Cake

¼ c. crisco
½ c. sugar
1 egg
½ c. milk
1½ c. flour
2½ t. baking powder
¼ t. salt
1 t. vanilla or lemon

Cream the crisco with the sugar, and add egg well beaten. Sift dry ingredients, add alternately with milk to the first mixture. Bake in a shallow pan that has been greased with crisco. Add flavoring last. When baked, remove from tin, allow to cool and spread with frosting.

Angel Cake

Put 1 cupful milk into double boiler and heat to boiling point. One cupful flour, 1 cupful granulated sugar, 3 level teaspoonfuls baking powder, pinch of salt. Sift together four times, pour the cup of boiling milk into flour and stir smooth. One tablespoonful melted crisco, beat the whites of 2 eggs to stiff froth and fold in carefully. Do not stir or beat the cake after adding the eggs. Bake in moderate oven.

Egg-Nog Cake

2 c. sugar
¾ c. crisco
6 eggs (yolks), beaten light,
1 t. vanilla
1 c. sweet milk
4 c. flour
4 t. baking powder, sifted in flour

Beat crisco in one-half of sugar, balance of sugar in eggs, combine alternate milk and dry ingredients, fold in well-beaten eggs, whites last. Bake in layers or loaf.

Irish Rag Cake

3 c. sugar
¾ c. crisco: add 1 t. salt and beat well with 2 c. sugar.
5 eggs: beat whites and yolks separate and add the other c. sugar to yolks, beat well.
1 c. sweet milk
3 c. flour
3 t. baking powder

Marble Cake

2 c. sugar
1 c. crisco
3½ c. flour
4 eggs
1 c. milk
3 t. baking powder
2 tb. molasses
2 tb. melted chocolate
1 t. powdered cinnamon
½ t. grated nutmeg
½ t. powdered allspice
1 t. salt

Cream crisco, add sugar, then yolks, sift flour and baking powder together. Alternate dry ingredients with milk, add last stiffly beaten whites. Pour into pans, reserving 8 spoons. Add spices and chocolate, then drop in pan.

Lemon Cake

2 c. sugar
½ c. crisco with ½ t. salt: cream with one of the cups of sugar
3 eggs, beat well and add the other cup of sugar
1 c. sweet milk
3 c. flour
3 t. baking powder

Icing for Same

Cream 2 tablespoonfuls butter, then add the yolk of 1 egg. Beat the white and add a little sugar pulverized, then beat with butter and add yolk. Add juice of 1 lemon, also the rind grated and add sugar to make stiff enough. It takes almost a pound of pulverized sugar.

Prune Layer Cake

2 c. sugar
½ c. crisco
3 eggs
⅔ c. sweet milk
2 t. baking powder
1 t. mace
1 c. chopped walnuts
1 c. steamed prunes, chopped

Cream sugar and crisco together, beat whites of eggs separately. Fill in a layer of the cake batter, spread a layer of the chopped prunes over this; then a layer of the nuts; then another layer of the cake, and so on until the pan is two-thirds full. Bake in a steady but not quick oven.

Jelly Roll

1 c. sugar
1 t. baking powder
⅓ c. hot water
1 c. flour
¼ t. salt
3 eggs

Beat eggs separately, and add 1 cup sifted sugar, flavor with vanilla, pour in ⅓ cup hot water, 1 cup flour and 1 teaspoonful baking powder. Bake in large, thin layer, turn out on damp towel, spread with jelly and roll quickly; you can use fresh berries or jam. Cut crosswise. Can be used with sauce.

Coffee Layer Cake

Dark Part

1 c. dark brown sugar
⅔ c. cold, strong coffee
3 yolks of eggs
½ c. crisco
1 tb. molasses
¼ c. raisins
2 c. flour
2 t. baking powder
½ t. powdered cinnamon
½ t. powdered cloves
½ t. grated nutmeg
½ t. salt

White Part

½ c. crisco
1 c. granulated sugar
3 whites of eggs
⅔ c. milk
2 c. flour
2 t. baking powder
1 t. vanilla extract
½ t. salt

For dark part: Cream crisco and sugar, add yolks well beaten, coffee, molasses, flour, salt, baking powder, spices and raisins. Mix and divide into two criscoed and floured layer tins and bake in moderately hot oven 20 minutes.

For white part: Cream crisco and sugar, add milk, vanilla, flour, salt, baking powder, then fold in stiffly beaten whites of eggs. Bake in two layers. Put layers together with marshmallow icing.

Pound Cake

2 c. sugar
¼ c. crisco
3 t. baking powder
½ t. powdered mace
10 eggs
4 c. flour
2 t. salt
3 tb. brandy

Cream crisco and sugar thoroughly together, add yolks well beaten, fold in whites of eggs beaten to a stiff froth, add brandy, flour, salt and mace, and mix lightly and quickly. Turn into a papered cake-pan and bake in a slow oven for 1 hour and 20 minutes.

Orange Cake

5 tb. crisco
¾ c. sugar
½ c. milk
4 egg yolks
1½ c. flour
½ t. salt
3 t. baking powder
½ t. orange

Cream crisco and sugar. Beat the egg yolks until very light and add the creamed mixture. Sift the dry ingredients and add to the above mixture, alternating with milk. Bake in a moderate oven.

Devil's Food

½ c. crisco
1 t. salt
2 eggs
2 oz. chocolate
1 c. boiling water
½ c. raisins
2¾ c. flour
2 c. brown sugar
2 tb. buttermilk, in which is dissolved 1 t. soda
½ c. nuts

Cream crisco, add sugar gradually and cream together. Dissolve chocolate in boiling water. Add this and flour, sifted with salt, alternately, then add eggs well beaten, stir in nuts and raisins, adding milk with soda last.

Icing

One-half cupful chocolate, little boiling water, vanilla and enough sugar to spread. (No cooking.)

Chocolate Cake

Two cups sugar, ½ cup crisco, work to cream, 3 eggs, ½ cup of sour milk with 1 level teaspoonful soda in milk, 2 squares of melted chocolate with 1 teaspoon of vanilla, 2 cups flour, and last ½ cup boiling water.

Cocoa Cake

2 c. sugar
3 whole eggs
½ c. crisco
½ c. milk
2½ c. flour
3 t. baking powder
½ t. salt
3 tb. cocoa

Cream crisco and sugar, then yolk of eggs. Sift dry ingredients, flour, cocoa, baking powder and salt three times. Alternate milk and dry ingredients. Add vanilla and lastly fold in whites of eggs.

Filling

1 lb. XXXX sugar
4 tb. melted butter
3 tb. sweet cream
1 tb. vanilla

Beat well and when creamy spread between layers and on top and sides.

L'Africaine

Three eggs and 1 cup sugar beaten well together, stir in slowly 1½ cupfuls flour with 2 teaspoonfuls baking powder and 3 tablespoonfuls milk, bake in 4 layer tins, using 2 layers for each cake. After baking, these cakes should be prepared in deep pie-plates.

Cream for filling: Two cups milk scalded with 1 cupful sugar, 2 tablespoonfuls cornstarch, dissolve in ½ cupful milk and 1 egg well beaten, butter half size of an egg, when cold flavor with vanilla. Chocolate for icing: ⅛ pound of chocolate, 1 cupful sugar, ½ cupful hot water. Boil mixture for 4 or 5 minutes and pour on top of cakes while hot. This is served as a dessert, not a cake, and cut in pie-shape pieces.

Chocolate Marshmallow Cake

1 square chocolate
½ lb. marshmallows
½ c. crisco
1 egg
⅔ c. milk
1 t. baking powder
½ t. vanilla extract
¾ c. sugar
1 c. flour

Cream the crisco and sugar together, then add the egg well beaten, the milk, flour, baking powder, vanilla and melted chocolate. Pour into a buttered round cake tin and bake in a moderate oven for ½ hour. After the cake has been out of the oven for 10 minutes, split it and spread the lower part with a few marshmallows cut in small pieces. Lay on the upper part and set the cake in the oven until the marshmallows are melted. Sprinkle with powdered sugar over the top.

Sunshine Cake

Whites of 8 eggs
Yolks of 6 eggs
1 c. sifted sugar
1 c. flour sifted 4 times
1 t. cream of tartar
Vanilla

Beat yolks well with part of sugar, add pinch of salt to whites and beat about half; then add cream of tartar and vanilla and beat very, very stiff. Add sugar, then beaten yolks, then fold in flour gently. Bake in a slow oven for 50 minutes.

Chocolate Cake

¾ c. creamed crisco
3 eggs, beaten separately
2 t. baking powder
2 oz. chocolate
2 c. sifted sugar
1 c. milk
1 t. vanilla
2½ c. flour (sifted)

Cream shortening and sugar, beat and add yolks of eggs. Sift dry ingredients, alternate milk and dry ingredients and then melted chocolate and vanilla extract. Fold in the well beaten whites of eggs last and bake in moderate oven in stem loaf pan for 45 minutes.

Loaf Cake

Cream ¼ cupful crisco and add gradually, while beating constantly, ½ cupful sugar. Beat the yolks of 2 eggs until thick and lemon color, and add gradually, while beating constantly, ½ cupful sugar. Combine mixtures and add ½ cupful milk alternately with 1¼ cupfuls flour mixed and sifted with 2½ teaspoonfuls baking powder; then add whites of 2 eggs, beaten until stiff, 2 squares of chocolate, melted, and ¼ teaspoonful vanilla. Turn into a buttered and floured shallow cake-pan, and bake in a moderate oven 40 minutes. Remove from the pan, cover with frosting, and when frosting is set, pour over, a little at a time, 1½ squares melted chocolate, and spread evenly, using the back of a spoon.

Pound Cake

Cream 1 cupful crisco, 1⅔ cupfuls sugar, 5 eggs, 2 cupfuls flour, 2 tablespoonfuls sherry wine until creamy, using the hand, and add gradually, while beating constantly, 1⅔ cupfuls of granulated sugar; then add 5 eggs, one at a time, beating vigorously. When the mixture is creamy add 2 cupfuls flour and turn at once into a floured tin. Bake in a slow oven 1 hour.

Variety Cake

1½ c. sugar
¾ c. crisco
1 c. milk
½ t. cinnamon
½ t. nutmeg
2 c. flour
2 t. baking powder
Vanilla or almond flavoring
½ t. cloves
½ c. raisins (chopped)
3 eggs

Bake in three layers, fill two layer pans with first, and the remaining layer with spiced mixture. When baked put spiced layer in center and ice with boiled icing to which have been added chopped raisins and almond flavoring. Makes very unique and pretty cake when cut.

Potato Devil's Food

2 c. white sugar
¾ c. creamed crisco
1 c. hot mashed potatoes
1 c. chopped walnuts
½ c. sweet milk
2 c. flour
4 eggs (well beaten)
5 t. melted chocolate
1 t. ground cinnamon
1 t. cloves and nutmeg
2 t. baking powder
1 t. salt

Mix chocolate with hot potatoes and add to creamed crisco, sugar and eggs, alternate milk and dry ingredients, add beaten whites last. Bake in layers and use marshmallow icing and fruit and nuts.

Apple Sauce Cake

1½ c. sweetened apple sauce, made thick
1 c. sugar
1 c. crisco
½ t. salt
½ t. cinnamon (level)
½ t. nutmeg
1 c. raisins
2 t. baking powder
2 c. flour
2 eggs

Bake in loaf in moderate oven ½ hour or 40 minutes.

White Fruit Cake

1 c. crisco
3 c. flour
3 t baking powder
1 t. salt
2 c. sugar
8 eggs (whites)
1 c. sweet milk

Make as for cream cake, reserving whites before adding:

¼ lb. citron
½ lb. cherries (crystallized)
½ lb. pineapple
½ lb. orange and lemon
1 lb. white raisins
1 c. coconut
1 t. lemon extract
1 t. orange extract

Add lastly beaten whites and bake about 2 hours.

Fruit Cake (Dark)

1½ lb. flour
1½ lb. sugar
1 lb. crisco
12 eggs
2½ lb. raisins
2 lb. currants
½ lb. citron
1 lb. cherries
1 lb. pineapple
½ lb. orange and lemon peel
1 glass grape jelly
1 c. brandy
1 tb. cinnamon
1 t. cloves
1 t. allspice
¼ t. mace
¼ lb. chocolate
1 lb. almonds (shelled and cut)
1 lb. pecans

Sift all dry ingredients. Let the fruit stand all night in wine and brandy. Bake in very slow oven 5 hours. Put in tin box with 2 mellow apples and occasionally rub over with brandy.

Turkish Delight

2 c. sugar
¾ c. crisco
3 eggs
1 c. jam
¾ c. buttermilk
1 t. soda
3 c. flour
1 t. cinnamon
¼ t. nutmeg
1 doz. dates cut fine
½ c. nut meats
1 t. salt

Cream crisco and 1 cup sugar together; cream yolks of eggs and 1 cup sugar together, and combine mixtures, to which add the jam. Sift the dry ingredients together and alternate with buttermilk, adding beaten whites of eggs last. Bake in layers and use mocha filling.

Mikado Cake (Japanese Fruit Cake)

2 c. sugar (sifted)
1 c. crisco
8 whole eggs
4 c. flour
4 t. baking powder
1 t. salt
1 t. cinnamon
1 t. mace
1 t. nutmeg
1 t. allspice
1 lb. chopped nuts
½ c. rich cream
¾ c. Tokay wine
¼ c. apricot cordial
1 c. strawberry preserves
1 lb. crystallized ginger
½ lb. crystallized cherries
½ lb. crystallized pineapple
¼ lb. crystallized apricots
¼ lb. crystallized angelique
¼ lb. crystallized limes
¼ lb. crystallized kumquats
1 t. each orange, vanilla, almond, pistachio, redcherd extracts

Sift dry ingredients, cream crisco and sugar, add yolks, add preserves. Chop fruits and pour wine and cordial over night before; alternate dry ingredients and fruit, last nuts, fold in beaten whites. Start in hot oven and when the cake is set so fruit will not sink to bottom, reduce heat, bake from 1¾ to 2 hours. Spread with golden icing flavored with wine and put on top marshmallow icing.

Lady-Fingers

Four tablespoonfuls powdered sugar, 4 eggs, 3 tablespoonfuls of flour and a little grated lemon peel. Stir the sugar and yolks of eggs thoroughly together; add the flour and rind of ½ lemon grated fine, being careful not to grate through into the white, bitter part; lastly add the whites of the eggs beaten stiff. Bake in lady-finger tins lined with buttered paper. Sprinkle with a little powdered sugar daintily before putting into the oven, which should not be too hot, for the lady-fingers should be of a delicate brown. In the absence of tins, sheets of large paper may be put in a large tin and the dough given the required shape by squeezing it through a paper funnel.

Coconut Layer Cake

1 c. sugar
3 c. flour
1 t. salt
4 eggs
½ c. crisco
1 c. milk
2 t. vanilla extract
3 t. baking powder

For Filling

1 t. crisco
1 c. sugar
1 c. water
Pinch cream tartar
1 t. Burnett's vanilla extract
1 c. chopped coconut
1 white of egg
¼ t. salt

For cake: Cream crisco and sugar together, sift the flour, baking powder, salt and add alternately with the beaten yolks of eggs and milk. Beat thoroughly, then add stiffly beaten whites of eggs and flavor and mix gently. Grease layer tins with crisco, then flour them and divide mixture into two portions. Bake in a moderate oven 20 minutes.

For filling: Boil water and sugar together, add crisco and cream of tartar, and boil until it forms a soft ball when tried in cold water. Beat white of egg stiff, add salt, then pour in syrup gradually, add vanilla and beat until thick and cool. Spread on cake and sprinkle over with coconut.

California Ginger Cake

½ c. sugar
½ c. crisco
1 c. marmalade
2 t. baking powder
½ t. salt
1 egg
2 c. flour
¼ t. powdered ginger

Sift salt, flour and baking powder into basin, rub in crisco with finger tips, add ginger and egg well beaten. Knead

lightly to smooth paste and divide into two pieces. Roll out pieces and line pie-plate with one of them. Spread over with marmalade, cover with remaining piece of paste, pinch neatly around the edges and bake in a moderate oven ½ hour. Cut like pie and serve hot.

Apple Sauce Cake

Two cupfuls apple sauce (sweetened and cold), 1 cupful sugar and ½ cupful crisco creamed together, 1½ cupfuls raisins, 2½ cupfuls flour, 1 teaspoonful each of cinnamon and cloves, ½ teaspoonful salt, 2 teaspoonfuls soda dissolved in 2 tablespoonfuls lukewarm water. Bake in angel-cake tins in a moderate oven.

Chocolate Cake

Dissolve 4 tablespoonfuls chocolate in 5 tablespoonfuls boiling water; add to the hot chocolate the yolks of 4 eggs one at a time; let stand. Take ½ cupful crisco, cream with 1½ cupfuls sugar, add to the above, beat all well together. Sift 1¾ cupfuls flour, 2 teaspoonfuls baking powder several times, ½ cupful milk, vanilla, beaten whites.

Filling: 1 cupful sugar, beaten white 1 egg, add 1 large grated apple, grated rind and juice of 1 orange, little lemon. Boil until thick.

Spice Cake

½ lb. butter, or
¾ c. crisco
2 c. sugar
4 egg yolks
1 c. milk
¼ c. brandy
3 squares chocolate
1 t. cloves, allspice, cinnamon
2 t. baking powder
Vanilla
Beaten whites
Little citron

Make a large and small cake.

Marshmallow Cake

⅔ c. crisco
6 eggs
¼ c. sherry
3 t. baking powder
1½ c. sugar
½ c. water
1 t. almond extract
2¾ c. flour

Cream crisco and sugar, beat yolks of 4 eggs, add crisco and sugar, next add water and alternate dry ingredients, now almond extract and whites last.

Lady Baltimore Cake

½ c. crisco
¾ c. granulated sugar (sifted)
1 c. water
3 c. flour
3 t. baking powder
5 eggs (whites)
¼ t. almond extract
½ t. vanilla

Cream the crisco and sugar; add one-third of the water with 1 cup of the flour; beat thoroughly and add second cup of flour; continue beating; into the last cup of flour sift the baking powder and add as the other, then the rest of the water; flavor and then cut and fold in the stiffly beaten whites very carefully.

For the Filling

1 c. sugar
½ c. boiling water
2 whites of eggs
Pinch cream tartar
½ c. chopped candied cherries
½ c. chopped candied pineapple
1 t. vanilla extract

For filling: Put sugar and water into saucepan, stir till boiling, add cream of tartar, then boil until it forms a soft ball when tried in cold water, or 240 degrees F.; pour on to the stiffly beaten whites of eggs, pouring in a steady stream and very slowly, adding while beating vanilla, cherries and pineapple, beat till thick and divide between and on top of cake.

Sufficient for one large layer cake.

Fruit Cake

1 lb. browned flour
4 t. baking powder
¾ lb. crisco
1 lb. sugar (brown)
2 lb. raisins
1 lb. citron
1 lb. cherries
1 lb. pineapple
1 lb. almonds
1 lb. pecans
6 tb. chocolate
¼ c. rosewater
½ c. cordial
1 c. brandy
1 c. jelly
1 t. cinnamon
1 t. cloves
1 t. allspice
1 t. nutmeg
10 eggs
1 t. salt

Sift flour, baking powder, spices, salt, several times. Cut fruit and pour brandy, cordial and melted jelly over. Cut nuts in slices and pour rosewater over. Cream together crisco and sugar, add to them egg yolks beaten very light, then the cordial and jelly. Put in next 6 teaspoonfuls melted chocolate,

next the whites of eggs beaten stiff and part of the flour and spices and add to the mixture. Put in nuts last of all. If nuts are left out put in a third more fruit. Bake 5 hours, keeping a vessel of water in the oven until almost done.

Cream Puffs

1 c. boiling water
½ c. crisco
¼ t. salt
1 c. flour
3 eggs

Mix crisco and water, and bring to a boil, then stir in flour. Remove from fire and allow to cool. Stir in eggs one at a time, beat well. Drop on tins greased with crisco and bake in a hot oven 30 minutes.

Cream Filling

2 tb. sugar
⅓ c. flour
⅛ t. salt
2 c. scalded milk
1 t. vanilla, or
2 t. lemon extract
2 eggs

Mix dry ingredients and beaten eggs. Gradually pour over this the scalded milk. Cook 15 minutes in double boiler, stirring constantly until it thickens. Cool and flavor.

Blueberry Cake or Muffins

1 c. sugar
2½ c. flour
1 t. soda
2 t. cream tartar
½ c. milk
1 egg
Butter size of an egg
1 pt. blueberries

Mix and sift dry ingredients, reserving ½ cup flour to mix with berries. Work in butter; add milk gradually, egg well beaten, and blueberries mixed with reserved flour. Bake over a medium flame.

Strawberry Shortcake

2 c. flour
4 t. baking powder
½ t. salt
2 t. sugar
¾ c. milk
¼ c. butter

Mix dry ingredients and sift twice; work in butter and add milk gradually. Toss on a floured board and divide

in two parts. Roll out and place in buttered Washington pie tins and bake 12 minutes over a high flame. Split and spread with butter. Allow from 1 to 1½ boxes of strawberries to each cake.

Blueberry Cup Cakes

1 c. granulated sugar
½ c. sweet milk
1 tb. melted crisco
1 saltspoon salt and nutmeg
1 egg
2 c. flour
1 heaping t. baking powder
1 c. blueberries, mixed with flour

Bake 20 minutes in moderate oven. These are nice served warm.

Strawberry Short Cake

2 c. flour
1 t. salt
4 t. baking powder
1 t. sugar
¼ c. crisco
¾ c. milk

Sift together the dry ingredients. Cut in the crisco thoroughly with a knife and add the milk gradually, mixing with a knife to a soft dough. Toss on floured board and roll lightly. Bake in round layer pan in hot oven. Split and butter before filling with strawberries, cut in halves. Sprinkle with powdered sugar, cover the top layer with whole berries and garnish with whipped cream.

Gingerbread

½ c. milk
⅓ c. crisco
1 c. sugar
2 eggs
¼ c. molasses
2 c. flour
3 tb. yellow ginger (or ginger and turmeric)
½ t. soda
½ t. salt

Sift dry ingredients together. Cream crisco and sugar. Add well beaten eggs and molasses. Alternate flour and milk. Pour into criscoed tins and bake in hot oven for first 10 minutes; reduce heat and bake in moderate oven 25 minutes.

Food for the Gods

1 lb. English walnuts (before cracked)
2 c. brown sugar
½ lb. dates cut in 4 or 5 pieces
6 eggs
7 tb. cracker crumbs

Beat yolks of eggs, add sugar and cream together well; add nuts (chopped) and dates, then cracker crumbs. Lastly add beaten whites of eggs and bake in slow oven 30 minutes. Cut in squares—serve with whipped cream.

CHAPTER XX

ICINGS AND FILLINGS

Lemon Icing

Two tablespoonfuls butter, cream it, then add the yolk of 1 egg. Beat the white and add a little sugar pulverized, then beat with butter and yolk. Add juice of 1 lemon, also the rind grated and then add sugar to make stiff enough. It takes almost a pound of pulverized sugar.

Golden Icing

Boil 2 cupfuls sugar, 1 cupful water, until it strings. Pour over well beaten yolks of 4 eggs. Beat until smooth and thick; add 1½ teaspoonfuls Burnett's orange extract and spread rapidly on cake.

Icing (Orange)

1 egg (beaten) 1 c. sugar
Rind and juice of 1 orange

Cook in double boiler until thick. Beat for a few minutes after taking from fire, spread when cool.

Ice Cream Filling

2 c. sugar ⅛ t. cream tartar
¾ c. boiling water

Let dissolve, cover and come slowly to a boil. Beat whites of 4 eggs dry, and when syrup is heavy pour by spoonful into whites, letting syrup boil all the time. Let the last syrup string long hairs, beat and put the pan, containing icing, in large pan of hot water, see that pans fit so that no steam will escape and add teaspoonful juice of lemon, beating with the egg beater; steam until the icing holds its shape. Flavor with orange or vanilla, and put on cake at once. If chocolate icing is desired, grate chocolate into icing just before steaming. Add nuts and crystallized fruit to this icing. This icing cannot be excelled. If steamed too much you can add hot water to make smooth, but if directions are carried out you cannot fail.

Cream Icing

Four tablespoonfuls sweet cream. Add enough XXXX sugar to make very stiff paste. Flavor. Melt over hot water, spread on cake, or dip small cakes in it, then roll in coconut or browned almonds. Use hot for sauce for puddings. Add cocoa or chocolate if desired.

Gelatin Frosting for Cakes

2 tb. Knox gelatin
1 t. lemon juice
½ c. hot water
Confectioners' sugar

Dissolve the gelatin with the water, add the lemon juice; then sift in as much confectioners' sugar as it will hold to pour nicely on a cake.

Icing with any Flavor

One cupful powdered sugar, enough evaporated milk to make it the proper consistence to spread with butter the size of a walnut.

Almond Icing

3 c. powdered sugar (sifted)
⅓ c. butter
1 t. almond extract
1 c. ground almonds
1 tb. lemon juice
1 tb. boiling water

Cream butter, add gradually sugar, then flavoring, last water. Add more water if needed to spread nicely.

Chocolate Icing

Put ½ cupful cocoa with 1 cupful of sugar, the yolk of 1 egg and 2 tablespoonfuls milk, well mixed together in double boiler to heat, stirring all the time. Cook until it hardens when dropped in cold water. Can be used for cakes or cookies.

Nut Filling

One cupful each of light brown sugar, sour cream and finely chopped English walnuts. Boil together until the mixture threads; cool and spread between layers. It should be creamy when right. A few drops of orange extract improve its flavor.

Marshmallow Icing

One cupful granulated sugar, 1 dozen marshmallows, white of 1 egg. Boil sugar and little water until it spins thread, pour over beaten white of egg, add marshmallows and beat until cool enough to spread.

Butter-Scotch Filling

Scald 1 cup of milk in double boiler; stir 3 level tablespoonfuls of cornstarch and ½ teaspoonful salt with ½ cup of cold milk to a smooth consistency, add 2 cups brown sugar and 2 tablespoonfuls butter, then let cook in the hot milk, stirring all the time, until smooth and thick.

Butter-Scotch Filling

One cupful confectioners' sugar, moistened with milk and the grated rind of an orange, which may have been saved from the breakfast table.

Sunshine Filling

2 c. sugar
¾ c. water
4 yolks
Grated rind of 1 orange

Boil sugar and water together to a syrup that spins a thread. Pour over well beaten yolks and ¼ teaspoonful salt. Add rind, beat until it shows signs of granulating, pour on cake and spread rapidly.

Mocha Filling

½ c. butter
1 c. confectioners' sugar
½ t. salt
1 tb. strong coffee infusion

Cream butter and add sugar gradually until all oily appearances have disappeared (it may require more sugar). As the mixture thickens, add the coffee, one drop at a time, beating all the while. Flavor with 1 teaspoonful vanilla and spread between layers and on top of cake.

Good Caramel Filling

1½ c. dark brown sugar
½ c. granulated sugar
¾ c. fresh, sweet milk
2 tb. melted butter

Melt butter; stir in sugar; pour over milk, and stir constantly until it will begin to rope. Remove from fire; beat until cold enough to spread on layers. One teaspoonful Burnett's vanilla, added last.

Chocolate Icing

1½ squares chocolate
¼ c. scalded milk
1½ t. Burnett's vanilla
1 t. melted crisco
1 egg yolk
Powdered sugar

Melt chocolate over hot water, add scalded cream, salt, egg and butter. Stir in sugar until right consistency to spread, then add vanilla.

Caramel Icing

½ c. granulated sugar
½ c. brown sugar
½ c. hot water
1 t. butter
1 oz. chocolate
1 t. Burnett's vanilla

Melt the granulated sugar in a saucepan, add the water gradually, then the brown sugar, butter and chocolate. Cook to the soft ball stage. Remove from the fire, add vanilla, beat until creamy and then spread on cake.

Filling Supreme

2 c. sugar
½ c. orange juice (strained)
¼ lb. marshmallows
3 egg whites, beaten stiff

Put the orange juice and sugar in a saucepan and boil to the soft ball stage. Remove from the fire and add the marshmallows cut fine. Let stand until the marshmallows melt. Add 4 egg whites and beat until cold. Fold in the last egg white and flavor to taste.

Delicious Frosting

2½ c. confectioners' sugar
5 tb. sweet cream
2 tb. soft butter (not melted)
1 t. Burnett's vanilla

By putting 2 squares of unsweetened chocolate in a cup and setting the cup in hot water until the chocolate is dissolved and adding it to the above, it makes a delicious frosting for chocolate cake or any kind of white cake. This frosting will remain soft as long as the cake lasts and will not run.

Fudge Filling

½ tb. butter
½ t. salt
1 c. granulated sugar
1½ c. milk
2 squares chocolate
1 t. Burnett's vanilla extract

Dissolve the sugar in milk; bring to boiling point and let boil about 10 minutes. Add butter and melted chocolate. When a very soft ball can be formed by dropping in cold water, remove from the range and beat until creamy. Add vanilla and spread rapidly on cake. Nut meats may be added if desired.

Cream Filling No. 1

⅛ c. sugar
2 c. scalded milk
⅓ c. flour
⅛ t. salt
2 eggs
1 t. vanilla

Thoroughly mix flour, sugar and salt. Add eggs beaten slightly and then pour in gradually scalded milk. Cook, stirring constantly until thickened.

Mocha Frosting

⅓ c. butter
1 c. confectioners' sugar
1 c. whipped cream
1½ squares melted chocolate
½ t. vanilla

Cream the butter and add sugar gradually. Then add 1 cupful of the cream filling. Stir in the vanilla and melted chocolate.

For Lemon Filling

The juice and grated rind of 1 lemon
2 egg yolks
1 c. shredded coconut
1 c. powdered sugar

Mix lemon juice and rind with sugar and yolks of eggs, slightly beaten. Cook 10 minutes in double boiler. Stir constantly, then add the coconut. Cool and spread between layers.

How to Whip Cream

In the first place the cream should be at least 24, preferably 36 hours old. It must be very cold and be thick and rich. Whip it up in a cool basin and in a cool place; when it begins to thicken perceptibly add the beaten whites of 2 eggs to each pint of cream. This gives it body. Continue beating, adding at the last sugar and flavoring to taste.

Cream Icing

¼ c. sweet cream
1½ c. XXXX sugar
Pinch salt
1 t. Burnett vanilla

Roll and sift sugar. Add sugar gradually to the cream, until all is well mixed. Set this over boiling water, and stir until you have a cream icing with all ingredients thoroughly mixed; put in salt while stirring. Flavor just before taking from the stove. Remove and beat gently until the icing has cooled. By adding 1½ tablespoonfuls of cocoa

to the cream icing, you can make a chocolate cream icing. Almonds ground fine may also be used with the cream icing, or with the chocolate cream icing. To prepare the almonds, first drop the nuts in boiling water and let them stand until thoroughly heated so they may be easily blanched. Drain and blanch with the fingers. While still warm and moist grind them with the finest blade of meat grinder. If nuts are allowed to dry before grinding, the oil and the substance of the nuts will separate. When ground, put in the oven in a shallow tin and brown to a delicate shade. Sprinkle over the cake after it has been frosted with cream icing or chocolate cream icing.

Ice Cream Icing

6 egg whites
3 c. sugar
½ t. cream tartar and tartaric acid mixed
½ c. water

Boil sugar in water until it begins to thicken. Pour in small quantities over beaten whites, letting the syrup continue to cook until the last is poured in. Beat well, then steam over hot water until stiff. Add cream tartar and tartaric acid. When cooked add flavor, according to taste.

CHAPTER XXI

PUDDINGS

Brown Betty

3 c. sliced apple
4 tb. crisco
2 c. hot water
½ t. cinnamon
1½ c. bread crumbs
½ c. sugar

Fill a baking dish with alternate layers of crumbs and apple, beginning and finishing with a layer of crumbs. Dot over with butter, sprinkle with sugar, and pour over all the water, into which the cinnamon has been stirred. Bake in the oven. Serve with cream or hard sauce.

Bread Pudding

1 pt. sweet milk
2 eggs
2 tb. crisco
¼ c. raisins
½ c. sugar
⅛ t. salt
1 c. bread crumbs
1 t. flavoring

Beat the yolks, add the butter, and stir in the sugar. Put in the salt, flavoring, and crumbs, and pour in the milk. Stir in the beaten whites and seeded raisins. Bake in a buttered pudding dish in a slow oven. One ounce of chocolate may be used instead of the raisins. It may be melted and the milk added to it slowly.

Cottage Pudding

1 c. flour
2 tb. crisco
4 tb. sugar
1 egg
½ c. milk
1 t. baking powder
1 t. flavoring

Cream the butter, stir in the yolk and when well mixed add sugar, stirring well. Sift the flour and baking powder together and add this to the mixture, a little at a time, alternating with milk till all is in. Put in flavoring and fold in beaten white. Bake in a cake pan. Serve it with lemon sauce.

Rice Pudding

Use ½ cup of uncooked rice, or 1 cup of cooked rice, instead of crumbs in the bread pudding recipe. When the rice is uncooked, add one-fourth more milk and cook with a cover over the dish at first.

Sauce

Boil sugar and water till syrup spins a thread, pour over beaten yolks of eggs, and stir quickly. Set aside to cool, stir occasionally, add lemon extract and just before serving mix in whipped cream.

Boiled Custard

1 c. milk
1 yolk
1½ tb. sugar
¼ t. flavoring
Pinch of salt

Scald the milk in a double boiler. Beat the yolk and sugar together. Pour the hot milk slowly over this mixture, beating all the time. Return to the double boiler, and cook till the custard coats the spoon. Strain and flavor.

Baked Apples

6 apples
1 c. sugar
¼ c. raisins
1 doz. nut meats
½ lemon

Wash and core the apples. Place them in a deep pan; fill the centers with nuts, raisins and sugar, pour in enough hot water to half cover the apples. Put in the slices of lemon and cook gently till the apples are soft and the syrup has boiled down. The apples may be cooked in a covered vessel on the stove, and then, with the cover removed, put in the oven to brown.

Tapioca Pudding

1 c. tapioca
4 c. water
1 pt. fruit
½ c. sugar

Soak the tapioca 1 hour in 1 cup of water and add it to 3 cups water that have been brought to boiling point. Cook till clear, stir in the cooked fruit and sugar and mold. Serve with cream and sugar. Apples may be pared, and cored and placed in a baking dish into which the soaked tapioca has been poured. The water and sugar may be added and the pudding baked.

Steamed Pudding

4 tb. crisco
½ c. sugar
2½ c. flour
2 t. baking powder
1 egg
1 c. milk
Pinch of salt

Cream the crisco, add the well beaten egg, and stir in the sugar. Sift the baking powder and flour together. Dissolve the salt in the milk and add it to the first mixture, alternating with the flour. Steam 2 hours in well buttered baking powder cans or molds. Serve with hard sauce and any stewed fruit.

Woodford Pudding

½ c. crisco
1 c. sugar
3 eggs, well beaten
½ c. buttermilk
1 t. soda
1½ c. flour
1 c. blackberry jam
1 t. nutmeg
1 t. salt

Cream crisco and sugar well, add ½ teaspoonful salt. Add the eggs beaten together until light. Sift dry ingredients with flour. Alternate the flour and buttermilk, add the jam last. Bake in a moderate oven and serve with the following sauce:

Woodford Sauce

Two tablespoonfuls butter creamed, into this beat as much pulverized sugar as it will take up. Add ¼ teaspoonful of salt, place this over boiling water and stir until it becomes a liquid, season with vanilla or sherry wine and just before serving add 1 cupful of whipped cream. Serve hot.

Plum Pudding

1 c. flour
4 c. bread crumbs
6 eggs
1 c. citron
2 c. raisins
2 c. currants
1 c. crisco
1 c. sugar
1 c. milk
1 t. cinnamon
1 t. nutmeg
1 t. soda
2 pieces crystallized ginger

Wash the currants and raisins. Cut up the citron and mix all the fruit with the crumbs. Beat the eggs, add the sugar, milk and seasonings. Combine mixtures and pour in the butter, melted. Boil 4 hours in buttered tins. Serve with hard sauce.

Sauces for Puddings

Hard Sauce

¼ c. butter
¾ c. sugar
1 t. flavoring
⅛ t. nutmeg

Cream the butter, and stir into it the sugar. Add the flavoring and, when very light, pile on a dish, dusting it over with the nutmeg.

Lemon Sauce

(For Cottage Pudding)

½ c. sugar
1 c. water
2 tb. cornstarch
1 lemon

Wash the lemon and grate the rind. Mix the cornstarch with a little cold water and add it to the cup of water that has been brought to boiling point. Cook till clear, add the sugar and turn into a double boiler to keep hot. Add the rind and juice of the lemon.

Whipped Cream

1 pt. cream
2 t. flavoring
4 tb. sugar

Have the cream very cold. Set the bowl containing it in ice and beat till stiff, adding sugar and flavoring last.

English Plum Pudding

½ lb. flour, browned
½ lb. bread crumbs
1 lb. sugar (brown)
1 lb. suet, chopped fine, or crisco
1 lb. currants
1 lb. raisins
1 t. cinnamon
1 t. salt
1 lb. crystallized fruit (mixed)
½ lb. pecans
½ lb. citron
¼ lb. orange and lemon peel (each)
1 lb. almonds
1 t. cloves
1 small nutmeg grated

One cup of brandy, juice of 2 lemons, 8 eggs, beaten separately. Bread should be stale and free of crust. Pour brandy over fruit over night. Beat eggs and sugar together, add bread crumbs, flour and fruit. If too stiff add a little grape juice or wine. If too soft, add flour. Steam in 1-pound baking powder cans or small buckets. Serve with eggnog sauce.

Eggnog Sauce

Cream yolks of 2 eggs and 1 cup sugar, add 2 tablespoonfuls brandy. Place cup of cream in saucepan of water, and let water gradually boil. Just before serving add to egg mixture.

Snow Balls (Steamed)

½ c. crisco
1 c. sugar
½ c. milk
2¼ c. flour
3 t. baking powder
1 t. salt

Sift flour 4 times. Whites of 4 eggs, make same manner as cake. Put in buttered cups and steam 40 minutes. Serve with sauce.

Orange Pudding

1 c. stale bread crumbs
½ c. sugar
1 tb. crisco
1 pt. sweet milk
¼ c. grated orange peel and juice of 1 orange
2 eggs (yolks)

Bake slowly, cover with meringue of the whites and ¼ cupful sugar, brown in oven and serve with sauce flavored with orange.

Plum Pudding

1 lb. brown sugar
8 eggs
½ lb. bread crumbs
1 lb. browned flour
1 lb. crisco or suet
4 t. baking powder
1 t. salt
1 t. powdered cloves
1 t. powdered cinnamon
½ t. powdered ginger
1 t. powdered nutmeg
½ t. powdered mace
1 c. New Orleans molasses
1 c. brandy
½ c. lemon juice
1 lb. seeded raisins
1 lb. sultana raisins
2 lbs. currants
½ lb. crystallized cherries
½ lb. crystallized pineapple
½ lb. stoned dates
½ lb. candied citron peel
¼ lb. candied orange peel

Chop peels, dates, cherries and pineapple, add raisins and currants, then pour brandy over them and let stand over night. Cream the crisco and sugar together, add eggs well beaten, and all other ingredients. Divide into crisco mold (small crisco cans will do), filling ⅔ full, and steam steadily for 3 hours. Turn out and serve with hard sauce.

Prune Pudding

Cooked prunes stoned and filled with marshmallows (½ marshmallow to each prune). Serve with juice and whipped cream.

Nesselrode Pudding

Take 1 pint shelled almonds; 1½ pints shelled chestnuts; 1 pint grated pineapple; ½ pound French candied fruit; 1 pint cream; 10 eggs (yolks only); 1 tablespoonful vanilla extract; 4 tablespoonfuls wine (this may be omitted); 1 pint water, 1 pint sugar. Boil the chestnuts ½ hour, then rub off the black skins and pound the kernels to paste in a mortar. Blanch the almonds and pound them in the same manner. Boil the sugar and water and the juice from the pineapple together for 20 minutes in a saucepan. Beat the yolks of the eggs, and stir them into the syrup. Set the saucepan in another pan containing boiling water, and beat the mixture with an egg beater until it thickens; then remove from the fire, set in a basin of cold water, and beat for 10 minutes. Mix the almonds and chestnuts with the cream, rub all through a sieve, and add the candied fruits and the pineapple. Stir the mixture into the cooked preparation, add the flavoring and ½ teaspoonful salt, and freeze the same as ice cream.

Jam Pudding

One-half cupful crisco, creamed with 1 teaspoonful salt, 1 cupful sugar and yolks of 3 eggs. Add 1 cupful blackberry jam, 1 teaspoonful soda and 5 tablespoonfuls buttermilk, then 1½ cupfuls flour and whites of egg. Flavor with cinnamon, nutmeg, and tablespoonful sherry wine. Bake in hot oven, serve with wine sauce. Very good.

Raisin Gems

½ c. crisco
2 tb. sugar, creamed
2 eggs
1 c. sweet milk
2 c. flour
1 c. chopped nuts
1 c. chopped raisins
1 t. vanilla
1 t. salt
3 t. baking powder

Steam in well oiled cups for ½ hour. Serve with sauce.

Chocolate Balls (Steamed)

½ c. crisco
3 eggs (yolks)
1 t. salt
1 c. sugar
2 squares melted chocolate
3 tb. sweet milk
1 t. baking powder

Beat egg and sugar, add milk and chocolate. Beat in flour and baking powder. Beat whites and add to pudding. Fill greased ramekins and steam 20 minutes. Serve with fruit sauce.

Toast Pudding

Slice stale bread and slightly toast, taking care not to burn, butter generously, place in pudding dish and cover with custard made of yolk of 4 eggs, 1 cupful sugar, 1 teaspoonful butter, 3½ cupfuls milk, juice of 1 lemon. Bake in moderate oven. Currants and raisins added if desired.

Ginger Pudding

3 c. flour
4 eggs
1 c. sugar
1 c. molasses
1 c. buttermilk
¾ c. crisco
1 tb. ginger
1 t. soda
1½ t. baking powder
1 t. salt

Cream crisco, sugar and whole egg, add molasses. Sift dry ingredients, alternate with milk. Bake in moderate oven.

Raspberry Bohemian Pudding

Make a custard of 1 quart sweet milk, yolks of 3 eggs, ½ cup sugar and 1 teaspoonful vanilla. Have 1 package of Knox gelatin dissolved in 1 pint boiling water ready to pour into custard while both custard and gelatin are hot. Beat until it begins to thicken. Pour into oiled molds and place broken macaroons and lady-fingers, dates and red raspberries between layers. Chill several hours and serve with whipped cream. Flavor with rum.

Aunt Sallie's Charlotte Russe

3 pts. cream
6 eggs (whites)
1 tb. Knox gelatin, dissolved in ½ pt. water
¾ lb. sugar

Whip cream and drain. Use half sugar in cream, whip eggs dry, and use balance of sugar in eggs. Put mixtures together, pour gelatin in, whipping all the while, flavor with vanilla and 1 tablespoonful sherry wine. Whip vigorously to prevent lumping. Line bowl with sponge cake or lady-fingers, turn in the cream, and garnish with whipped cream and cherries.

Chocolate Mold

2 c. milk (scalded)
2 squares chocolate (melted)
½ c. sugar (dissolved in hot water)
2 tb. Knox gelatin

Pour all together and mix until smooth. Let cool and beat and add beaten white of 1 egg, 1 cupful whipped cream, 1 tablespoonful brandy, and 1 tablespoonful vanilla. Pour in hot mold.

Rice Cream

Put a pint of rich milk into the double boiler with 2 tablespoonfuls of rice, a pinch of salt, a small ½ cup of sugar, and an inch piece of stick cinnamon. Cook till the rice is very soft. Have ready a teaspoonful of gelatin, dissolved in cold water, and stir this in, beating all well. Cool, and stir in lightly a cup of whipped cream, and set in a mold; turn out when firm and surround with more whipped cream flavored with sherry or vanilla.

Marron Cream

Boil a quart of large Italian chestnuts until they are tender and remove the skins. Mash them with 3 tablespoonfuls of powdered sugar, a pinch of salt, 3 tablespoonfuls of cream, a tablespoonful of Burnett's vanilla and 4 tablespoonfuls of sherry. Press into a mold and turn it out when cold. Fill the center with cream whipped stiff with 2 tablespoonfuls of powdered sugar and a few drops of Burnett's vanilla. Garnish with candied fruit.

SAUCES FOR PUDDINGS

Lemon

½ c. butter 1 c. sugar creamed

Yolks 3 eggs beaten, in this stirred 1 cup boiling water. One lemon, let simmer until it thickens, stirring all the time.

White Sauce

Boil 1 cupful milk, thicken with 1 tablespoonful flour, rubbed smooth with little cold milk or cream, tablespoonful butter and 1 cupful sugar, teaspoon vanilla and add to thickened milk. Remove from stove and beat in gradually the beaten white of egg.

Every Day Sauce

One pint boiling water, cup sugar, tablespoon butter, pinch of salt, tablespoon cornstarch dissolved in hot water, boil 20 minutes, season with nutmeg or flavor with lemon, vanilla or orange.

Sauce

Scald 1 gill milk, mix ½ pint powdered sugar with yolks of 2 eggs. Add to boiling milk, boil until mixture is like thick custard, cool, flavor and just before serving add whites of eggs and 1 cupful whipped cream.

Wine Sauce

½ lb. butter
2 eggs (yolks)
9 tb. sugar

Beat eggs well, add to sugar and butter. Add 1 cupful wine and little grated nutmeg. Boil for few minutes in double boiler.

Maraschino Sauce

3 tb. granulated sugar
2 eggs (yolks), creamed
½ c. rich cream

Whites of 2 eggs and wine-glass of juice from maraschino cherries. Beat mixture in double boiler until hot, but do not boil.

Chocolate Sauce

Melt 3 squares chocolate, add 1 cup milk and cream. Stir in 1½ cupfuls sugar, cook in double boiler until thickens, flavor with vanilla. Serve hot. Nice with vanilla ice cream.

Chocolate Sauce for Vanilla Ice Cream

2 squares chocolate
1 c. sugar
1 c. boiling water
1 t. cornstarch

Boil until thick.

Maraschino Sauce

Cream together 2 tablespoonfuls butter, 1⅓ cupfuls powdered sugar, a little salt, and 1 egg, unbeaten. When quite smooth add a teaspoon of vanilla or 3 of maraschino syrup and blend lightly with 1½ cupfuls whipped cream. Add ½ cupful of chopped cherries which have been well drained and serve at once.

Lemon Sauce

¾ c. sugar
¼ c. water
2 tb. butter
1 tb. lemon juice

Make a syrup, by boiling sugar and water 8 minutes. Remove from fire and add butter and lemon juice.

Hard Sauce

Cream 3 tablespoonfuls butter with as much granulated sugar as it will take, adding a tablespoonful of whipped

cream. Beat until smooth and sugar is dissolved, flavor with vanilla and brandy. Put in refrigerator until ready to use. If to use for blackberry roll or dumplings, color with blackberry juice.

Foamy Sauce

2 tb. butter — 1 c. powdered sugar
1 whole egg (cream all together)

When smooth, add a pinch of salt, and 1 teaspoonful vanilla. When ready to serve, fold in a cup of whipped cream.

Apricot Sauce

½ tb. Knox gelatin — ¾ pt. (1½ c.) cold water
2 oz. (tb.) sugar — ½ jar preserved apricots
Few drops red coloring

Put the gelatin into a saucepan, add the water, sugar, and apricots. Boil gently for 10 minutes, then add the coloring, rum and maraschino. This sauce is delicious with gelatin pudding.

Cherry Sauce

Mix 2 tablespoonfuls of flour with ½ cupful of sugar; add hastily 1 cupful of boiling water; stir and boil a minute, and pour slowly into 1 egg, well beaten. Beat a moment, and add ½ cupful of cherry juice.

Caramel Sauce—Mrs. Wilson

½ c. butter — 4 tb. sweet cream
1 c. light brown sugar — Vanilla

Cream butter and sugar well. Add gradually cream and then vanilla. Steam until creamy. Ice cakes and roll in browned, chopped almonds. Flavor with rum or sherry and serve as hot sauce for puddings, etc.

Hot Marshmallow Sauce

Boil 1 cup of sugar and ½ cup of hot water 5 or 6 minutes, after boiling begins. Do not stir after the syrup boils. Remove from the fire; add ½ pound of marshmallows and beat until they are melted. Flavor with ½ teaspoonful of vanilla, if desired. If serving be delayed, keep the sauce hot over warm water, then add a few drops of hot syrup or boiling water and beat again.

Yellow Sauce

Two eggs, 1 cup sugar, 1 teaspoon lemon. Beat the eggs until very light, add gradually the sugar and beat again, then add the lemon. Steam for 10 minutes.

Orange Sauce

Three egg whites, 1 cup powdered sugar, 2 oranges, juice and rind, 1 lemon, juice. Beat the whites of the eggs until stiff, add the sugar and beat. Add the orange rind and fruit juices. Use blood oranges when possible.

Hard Sauce

One-third cup butter, 1 cup powdered sugar, ⅓ teaspoon lemon extract, ⅔ teaspoon vanilla. Cream the butter, add gradually the sugar, lemon and vanilla.

Wine Sauce

One-fourth cup butter, ½ cup sugar, 2 tablespoonfuls of milk, 2 tablespoonfuls of wine. Cream the butter, add gradually the sugar. Add the milk and wine very slowly to the first mixture to prevent separation. It should not be chilled, but kept in a warm place until served.

Brandy Sauce

One-fourth cup butter, 1 cup sugar, 2 tablespoonfuls brandy, 2 egg yolks and 2 egg whites well beaten, ½ cup milk or cream. Cream the butter, add gradually the sugar, the brandy very slowly, egg yolks and the cream or milk. Cook over hot water until it thickens like a custard, then pour on the egg whites.

Foamy Sauce

1½ tb. butter
1 c. sugar
¼ t. salt, cream together and add:
Yolk of 1 egg, beaten in well
½ c. warm water, stirred in slowly
Fold in beaten white of 1 egg

Put in double boiler and cook until thick. Flavor to taste.

CHAPTER XXII

DESSERTS

Oriental Prunes

1 lb. good dried prunes
2 c. water
1 c. sugar
2 pieces ginger root (medium size)
1 tb. butter
¾ c. chopped nuts

Wash the prunes in several changes of cold water. Soak over night in 2 cupfuls of water. In the morning add sufficient to make the 2 cupfuls. Slice the ginger very thin. Add the sugar and butter and simmer for 2 hours, allowing the syrup to cook down until thick. When served, sprinkle generously with chopped nut meats. Lemon juice may be added if desired.

Delicious Prune Dishes

Prunes are very wholesome and should be used often as dessert. Many whose digestion forbids the eating of other fruit can eat stewed prunes and be benefited by them. Prunes have a curative property, and are very suitable for the diet of convalescents. They are nutritious, laxative and healing. There are several different varieties of prunes of as many different qualities, sour or sweet, but the large French prunes are best.

Stewed Prunes

Stewed prunes are the best for general use. Wash and soak them 1 hour in cold water, then stew slowly in a porcelain stew-pan until soft. Sugar to taste before sending to the table, or they can be sweetened while stewing.

Prune Pudding

Remove the pits from one pint of prunes, stewed, sweeten and beat with 3 well beaten eggs. Lay an inch layer of puff paste in the bottom of a pudding dish and spread the prune mixture on the crust. Bake a nice brown. Serve with sweet cream or pudding sauce.

Prune Mold

Stew 1 quart of prunes until soft, and put through a colander. Put ½ box of gelatin into a bowl and cover with cold water; let it soak for 5 minutes. Add the gelatin to the prepared prunes with 3 tablespoonfuls sugar; put on the stove and let boil for 5 minutes. Pour into jelly molds and when cold serve with cream.

Plain Prune Jelly

One pound of prunes, 3 ounces of gelatin and 2 quarts of water. Wash the prunes, cover with boiling water and cook rapidly until soft. Meanwhile soak the gelatin in a pint of cold water. Take out the prunes and remove the stones, cut the fruit each into 3 pieces and return to the liquor; add the gelatin and a cup of sugar and stir until dissolved. Cook 3 minutes longer and pour into wet bowls to harden. If it has boiled away in the process, add hot water enough to make the original quantity, stirring it well. The juice of 2 lemons is a good addition to this jelly, or it can be flavored with a teaspoonful of vanilla.

Prune Jelly

Wash ½ pound of prunes thoroughly; soak in ½ pint of warm water, and boil until tender. Drain off the juice, rub the remainder through a sieve and return what does not go through, together with the cracked pits, to the liquor in which it was boiled. Boil for 10 minutes, then strain and add ½ pound of loaf sugar. Boil again until a syrup is produced, then add the pulp and stir occasionally until cool. Allow an ounce of gelatin to a pint of prepared fruit. When both are cold mix together thoroughly, and when the jelly is on the point of setting put into the mold. Serve with cream.

Stuffed Prunes

Wash the prunes and soak in cold water for 3 or 4 hours; put into a stew-pan, cover with cold water; and boil slowly 10 minutes. Remove from the fire and set to cool in their liquor. Drain and carefully remove the stones. Fill with chopped almonds, close and roll each in powdered sugar and serve.

Prune Pie

Stew prunes until soft, drain off the juice and remove the stones. Make a rich puff paste. Cover the pie-plates and spread the fruit in evenly, adding a small lump of butter, a sprinkle of flour and sugar to taste. Cover with crust and bake a nice brown. It can be made with only one crust and frosted on top with the white of an egg and 3 tablespoonfuls powdered sugar, beaten to a stiff froth. Set in the oven a minute to stiffen.

Prune Pudding

One teacupful of prunes and juice chopped fine. Add ½ cupful chopped almonds; drain off the juice and mix in it 2 teaspoonfuls gelatin. Mix with prunes and nuts and lastly add the whites of 2 eggs beaten stiff. Set aside to congeal and serve with whipped cream.

Prune Pudding

Cooked prunes are stoned and filled with marshmallows (1½ marshmallow to each prune). Serve with juice and whipped cream.

GELATIN DESSERTS

Lemon Jelly

½ box Knox gelatin
½ c. cold water
¾ c. sugar
2 lemons
2½ c. boiling water

Soak the gelatin in cold water 20 minutes. Add the boiling water, the sugar, and the grated rind of 1 lemon and the juice of 2. Stir until the gelatin is dissolved, remove from the fire and strain.

Orange Jelly

Use 1 cup of orange juice in place of 1 cup of boiling water in the above recipe and leave out 1 lemon.

Snow Pudding

When either of the above jellies begins to set, whip it with a Dover beater until white and foamy.

Coffee Jelly

½ box Knox gelatin
½ c. cold water
1 c. boiling water
½ c. sugar
2 c. coffee

Make as lemon jelly and serve with whipped cream.

Charlotte Russe

⅓ box Knox gelatin
⅔ c. cold milk
1 pt. cream
⅔ c. hot water
½ c. sugar
1 t. flavoring

Whip the cream. Soak the gelatin in cold milk, add the sugar and hot water and stir until the gelatin is dissolved. Remove from the fire, cool and add flavoring. As it begins to set, whip with a Dover egg-beater and beat it into a cream.

Marshmallow Pudding

1 tablespoonful Knox gelatin, softened in 1 cupful water, then add 1 cupful boiling water

When cold, but not set, pour over the whites of 4 well beaten eggs, into which has been folded ½ cupful of granulated sugar. When the whole begins to set, divide in three parts, color one part pink with Burnett's damask rose paste and flavor with tablespoonful sherry wine. Have mold oiled with melted crisco and pour in the pink part. Color next third with leaf green paste, and flavor with ½ teaspoonful pistachio extract, and place on the pink in mold. Leave the last third white and flavor with orange. Broken nuts and crystallized fruits may be used between layers if desired.

Delmonico Pudding

Heat 2 cupfuls milk to the boiling point in double boiler. Beat the yolks of 2 eggs very light and beat into them ½ cupful of sugar, add this to the hot milk and cook until the custard coats the spoon. Take from the fire, add 2 tablespoonfuls Knox gelatin, which has been softened in ¼ cupful cold milk, 1 teaspoonful vanilla, and ⅛ cupful sherry wine and let cool. Beat the whites of the eggs stiff and fold into them ½ pint of whipped cream. When custard begins to set, fold into it the cream and whites and put into a mold. Mold with alternate layers of broken macaroons and crystallized cherries.

Bavarian Cream

¼ box Knox sparkling gelatin
¼ c. cold water
1 c. strawberry juice and pulp
Juice of ½ lemon
½ c. sugar
1½ c. double cream beaten solid

Soften the gelatin in the cold water 5 minutes and let dissolve by standing in hot water; strain into the strawberry and lemon juice; add the sugar and stir until it is dissolved, then set into ice water and stir until the mixture begins to thicken; fold in the chilled cream. Turn into a mold lined with strawberries cut in halves, and when chilled turn from the mold. Garnish with fresh berries and leaves. Prepare Bavarian creams with other fruits, as pineapple, raspberry, grapes, oranges, etc., in the same manner. Pineapple juice and pulp must be scalded before the gelatin is added to it.

Snow Pudding

Two tablespoonfuls of gelatin, 4 tablespoonfuls of sugar, grated rind of lemon, 1 tablespoonful of lemon juice, whites of 2 eggs. Soak the gelatin in 2 tablespoonfuls of cold water 10 minutes; add 1 pint of boiling water into which you have put the lemon rind and juice and the sugar. Mix and set aside to cool. Set in a bowl into a pan of cold water and put in the whites of eggs and beat until light; then add the gelatin very slowly, beating all the time. It should take from 20 to 30 minutes. This should make 1 quart. Pour into a bowl which has been rinsed in cold water. It must set at least 1 hour.

Sauce

Mix 1½ cups of milk, 1 tablespoonful of sugar, ¼ teaspoonful of vanilla, yolks of 2 eggs. Put the milk on in double boiler. Beat the eggs and sugar together, add to the boiling milk, then the vanilla. Set aside to cool. Turn out the pudding and pour the sauce over it.

Toasted Marshmallows

1 tb. Knox gelatin
⅔ c. boiling water
1 c. sugar
Whites 3 eggs
1½ t. vanilla
Macaroons

Soak gelatin in ⅓ cup cold water. Add sugar and boiling water. Set in a pan of ice water and add vanilla. Beat the gelatin and eggs separately and when each begins to stiffen combine quickly and pour into a shallow pan, cut in cubes, roll in macaroon crumbs and serve with cream and sugar.

Spanish Charlotte

½ box Knox gelatin
¾ c. sugar
2½ c. milk
3 eggs
⅛ t. salt
1 t. vanilla

Soak the gelatin in ½ cup of cold milk and scald the remaining 2 cups. Beat the yolks and sugar together; and add the milk slowly, stirring all the time. Return to the double boiler; and cook, till thick, continuing the stirring. Add the salt and flavoring, and beat all into the beaten whites.

Double Molding

Put a mold into a pan of ice and pour in enough gelatin to cover the bottom of the mold 1 inch deep. When hard place a smaller mold on the jelly and fill the space between the two molds with more jelly. Put ice in the inner mold to steady it. When the rim of the jelly is set, pour warm water into the inner mold and pull it gently out. Fill the center cavity with a jelly or charlotte and let this set. Turn out on a dish when cold. Cut into slices and serve.

Marshmallow Cream

¼ box Knox gelatin
½ c. cold water
½ c. boiling water
1 c. granulated sugar
1 t. vanilla
1 t. lemon extract
Whites of 4 eggs

Soak gelatin in the cold water 5 minutes; add the boiling water and place over tea kettle until thoroughly dissolved. Cool, but do not chill. Stir the sugar in the dissolved gelatin. Beat the whites of the eggs very light, and to the eggs add the gelatin and sugar, a few spoonfuls at a time, beating constantly. Divide in two parts, and to one part add pink color and flavor with vanilla, about 1 teaspoonful. To the white part add 1 teaspoonful lemon extract. Mold in layers, adding pecan nuts to the pink part and maraschino cherries to the white part. May be served with or without whipped cream.

Apricot Cream

¼ box Knox gelatin
Yolks of 2 eggs, well beaten
¾ c. sugar
1 pt. milk
1 c. apricot pulp
2 tb. lemon juice

Soak the gelatin in ½ cup milk 10 minutes. Put sufficient stewed apricots through a sieve to obtain 1 cup of pulp. Heat remaining milk and add yolks of eggs and

sugar well beaten and cook in double boiler until mixture coats the spoon. Remove from fire and add the softened gelatin and apricot pulp. Mix thoroughly and lastly add the lemon juice. When cool, pour into mold.

Vanity Cream

½ box Knox gelatin
½ c. milk
⅔ c. sugar
1½ pts. cream
1½ t. pistachio extract
3 or 4 drops almond extract
1½ t. vanilla extract
¼ c. seeded raisins
½ c. boiling water

Soak gelatin in the cold milk 5 minutes and dissolve in the boiling water. Whip cream and add sugar, and dissolved gelatin. Flavor half of this mixture with the pistachio and almond extract and color with green color paste. Line a melon mold with this and flavor the balance with vanilla and stir into it the ¼ cup large seeded raisins. Pour this in the center of the mold and chill thoroughly before serving.

Nut Sundae

¼ box Knox gelatin
¼ c. cold water
½ c. sugar
1 pt. cream
White of 1 egg
1 c. chopped nuts
1 c. pineapple and strawberries

Soak gelatin in the cold water 5 minutes and dissolve over hot water. Add dissolved gelatine to cream and sugar, and stir in beaten white of egg. When cold, add the pineapple and strawberries, which have been chopped in small pieces; also, the chopped nuts. Serve ice-cold in sherbet glasses.

FROZEN DESSERTS

To Freeze Sherbet

Have the freezer thoroughly scalded and cooled. Crush the ice into small pieces, and have ready coarse rock salt. Set the can into the tub, put in the beater, and see that it works easily. Pour in the mixture to be frozen, put the lid on, and adjust the crank. Fill the space between the tub and the can with a mixture of crushed ice and salt, 6 parts of ice to 1 of salt. Turn the crank steadily until the mixture

freezes, keeping the tub filled with ice and salt. See that the hole near the top of the tub is kept open, but do not drain off the water from the bottom.

When the mixture is frozen, remove the beater and smooth on top. Put on the cover, stop the hole with a cork; pack more salt and ice in the tub; cover the can with several inches of chipped ice and sprinkle over the top. Cover the tub with a blanket and set away for 2 hours to ripen. Uncover, stir with a spoon and repack until wanted.

Lemon Sherbet

4 lemons
1 qt. water
¾ lb. sugar
White of 1 egg

Boil sugar and water together, cool, and add lemon juice and freeze. Add the beaten white just as the sherbet begins to freeze.

Mint Sherbet

To the sugar in above recipes add 6 long stalks of mint and crush with a wooden pestle. Pour on the cold water and lemon juice and after an hour strain and freeze, adding a little green color paste as the mixture is put in the freezer.

Grape Sherbet

In the lemon sherbet substitute grape juice for one-half the water, boiling the water with the sugar and adding the grape juice and lemon juice when the syrup cools.

Wine Sherbet

2 c. sugar
4 lemons
1 pt. water
1 pt. cream
Rind 1 lemon, chopped fine
1 pt. sherry
1 tb. Knox gelatin

Whenever cream or milk is used, it is desirable to partly freeze before adding it.

Grape Sherbet

1 qt. grape juice
1 pt. orange juice
2 lemons

White of 1 egg beaten to stiff froth and stirred in after the sherbet begins to freeze, sweeten to taste. This sherbet is especially palatable and digestible for invalids and persons convalescing from attacks of fever.

Coupe de Marron

Make a custard of the yolks of 2 eggs, 1 cup sugar, ⅛ teaspoon salt, and 2½ cupfuls milk. Strain, and add 1 cup heavy cream and 1 tablespoonful vanilla. Freeze, using 3 parts finely crushed ice to 1 part rock salt. Cut marrons in brandy in pieces and put in coupe glasses, allowing 1½ marrons and 1 teaspoon of the syrup to each glass. Fill glasses with the vanilla ice cream, molding slightly in center. Sprinkle with chopped pecan or pistachio nut meat, and garnish with whipped cream, sweetened and flavored with vanilla, forced through a pastry bag and tube, and cherries.

Glace Bar-le-Duc

Line a melon mold with vanilla ice cream. Fill center with Bar-le-Duc mixture, cover with vanilla ice cream, adjust cover over mold, pack in salt and ice, using 2 parts finely crushed ice to 1 part rock salt, and let stand 3 hours.

Bar-le-Duc Filling

Beat 1 pint of heavy cream until stiff, and add ½ cup powdered sugar, 1 cup canned sliced pineapple, cut in small cubes and soaked in 1 tablespoonful kirsch 1 hour, 1 teaspoon vanilla and 1 jar red Bar-le-Duc currants.

Pineapple Sherbet

4 c. sugar
4 eggs (whites), whipped stiff, pour syrup over them and beat until stiff
1½ c. water, boil to thread
4 lemons
1 can pineapple or any fruit preferred

Pour into freezer; chill; fill freezer with rich milk, using 1 pint of whipped cream if desired.

Mint Sherbet

Two tablespoonfuls finely cut mint leaves, 1 tablespoon Knox gelatin, 6 lemons, 3 oranges, 1 cup sugar, 2 cups boiling water, 1 cup whipped cream, 1 white of egg. Soak the mint leaves and the grated rinds of the lemons in the orange and the lemon juices for ½ hour. Boil the sugar and water together for 5 minutes, then pour at once on the other ingredients. When cold, strain into freezer in the usual manner and serve in slender sherbet glasses; garnish with tiny sprigs of mint.

Claret Punch

Juice 6 lemons
2½ c. sugar melted in 1 c. water
Juice 6 oranges
1 pt. claret
⅓ c. Jamaica rum

Water enough to make 1 gallon punch. Freeze and pack until ready to serve.

Biscuit Glace

To make glace, beat the yolks of 6 eggs smooth; add 1 pint of heavy cream, 10 ounces of granulated sugar, 4 ounces of pulverized macaroons, and a tiny pinch of salt. Turn the mixture into a stew-pan, then stir over the fire until it thickens. Strain through a wet cloth; and add a small cup of orange juice, then freeze. When of the consistency of ice cream, remove the dasher and beat in a pint of whipped cream. Serve in paper cases, dusting the top of each with powdered macaroons.

Coffee Ice Cream

Scald 1 pint of milk with ½ cupful of coffee. Strain into 3 slightly beaten eggs, 1 cup sugar and ¼ teaspoon salt. Return to fire and cook until mixture coats the spoon. Add 1 quart cream, and freeze. Serve with marshmallow sauce.

Ginger Ice Cream

Three pints thin cream, 1 cup sugar, ¼ pound Canton ginger, ¼ cupful ginger syrup, 3 tablespoonfuls sherry. Cut the ginger in small pieces, and mix with the other ingredients. Freeze, using 1 part rock salt to 3 parts finely crushed ice.

Orange Frappe

One quart water, 2 cupfuls sugar, 2 cupfuls orange juice, juice of 2 lemons. Make a syrup by boiling water and sugar 20 minutes. Add the fruit juice, cool, strain and freeze. For the freezing use equal parts of rock salt and finely crushed ice.

Cherry Delight

2 c. sugar
Soak 2 tb. Knox gelatin in 1 c. cold water
½ c. lemon juice
Add 1 pt. boiling water
Pour into freezer

Stone 1 can California cherries, or 1 pint fresh cherries, add well beaten whites of 2 eggs to liquid in freezer when beginning to freeze, lastly the stoned cherries. Remove dasher from the freezer and pack.

Bisque Ice Cream

4 c. cream
½ lb. macaroons
2 lady-fingers
½ c. sugar
4 kisses
1 t. vanilla
1 t. caramel flavoring

Put 2 cups of cream in double boiler and add the sugar. Stir until almost boiling. Remove from fire and add remainder of cream. When cool put into freezer and freeze. When frozen, add vanilla, caramel and powdered cakes. Cakes should be stale and pressed through a colander. If sherry is desired for flavoring, add 5 tablespoonfuls. Beat entire mixture until entirely smooth and freeze again.

Peach Cream

Two cupfuls sugar boiled with 1 cupful water until it is a syrup, pour on whites of 2 eggs. When cold flavor with ½ cupful lemon juice. Take 1 quart cream or rich milk and freeze. When just beginning to freeze, add the white of egg mixture, fold in also 1 pint whipped cream, also 1 quart peaches peeled and mashed. Try this and you will never make it any other way. Use a little coloring if desired.

Chocolate Ice Cream

Scald 2 cupfuls milk, cream 1⅓ cupfuls sugar and yolks of 2 eggs, add ½ cupful cold milk—pour into hot milk. Melt 2 squares of bitter chocolate and add to custard. Boil over hot water for 10 minutes and cool. Add 1 quart cream, 2 tablespoonfuls vanilla and freeze.

Five Three Ice

3 c. water
3 bananas (mashed)
Juice 3 oranges
3 c. sugar
Juice 3 lemons
Mix together and freeze

In all kinds of sherbets it is well to boil the water and sugar together, but in doing so it is well to put in a little more water than the recipe calls for, to allow for some boiling away.

Marron Parfait

Boil together 1 cupful sugar and ¼ cupful water 5 minutes. Pour slowly, while stirring constantly, onto the well beaten yolks of 6 eggs, and cook over water, stirring constantly until thick; then beat until cold. Add 1 cupful

marrons broken in small pieces and soaked in 1 tablespoonful rum 2 hours, 1 pint heavy cream, beaten until stiff, 2 teaspoonfuls vanilla, and a few grains of salt. Turn into a small brick mold, pack in salt and ice, using 2 parts finely crushed ice and 1 part rock salt, and let stand 3 hours.

Angel Parfait

½ c. granulated sugar
⅓ c. boiling water
2 eggs (whites)
1 pt. double cream
1 t. Burnett's vanilla

Boil the sugar and water to the thread stage and pour in a fine stream over the stiffly beaten whites. Beat until cold, then very gently fold in the stiffly beaten cream. Flavor and pack in a paper-lined and oiled mold. Have the mold filled to overflowing to prevent salt from getting into the parfait. Tie mold securely and pack in salt and ice for 3 or 4 hours.

Frozen Fruit Cream

For the frozen fruit cream, cut in halves ½ pound raisins; add to 1 cupful orange juice and let stand over night. Crush enough macaroons to make ½ cup; add to the raisins. Whip 1 pint cream very stiff, flavor with ½ cup powdered sugar; add the macaroons and raisins; pour into mold and pack in ice for 5 hours.

Caramel Parfait

½ c. caramelized sugar
⅓ c. water

Put granulated sugar in an iron skillet and allow to melt until boiling point is reached, taking care it does not burn. Add water, boil again until the syrup spins a thread. Pour over stiffly beaten whites of 2 eggs. Fold into the above mixture 1 pint stiffly whipped cream. Add 2 tablespoonfuls ground almonds, and flavor with 1 teaspoonful vanilla. Turn into mold which has been oiled, and pack in ice for 4 hours. Have the ice-pack 1 part salt to 2 parts ice.

Peach Mousse

1 doz. ripe peaches (mashed)
3 bananas
2 lemons
½ c. sugar
1½ tb. Knox gelatin

Stir until it begins to thicken; add ½ cup crystallized cherries and lastly fold in beaten whites of 2 eggs and 1 pint whipped cream. Pour in oiled mold, cover tightly, pack in ice 4 hours. Serve with whipped cream.

Chocolate Parfait

Melt 2 ounces of unsweetened chocolate in ½ cup of water, add 1 cup of sugar and boil until thick. Pour the mixture over the yolks of 4 eggs. Place in double boiler, cook and stir constantly, until a spoon placed in the mixture is caked. Stand in a basin of water and beat frequently until cold. Add 1 pint of thick, whipped cream and flavor with 1 teaspoonful of Burnett's vanilla. Serve in glasses and place on top of each, 1 tablespoonful of whipped cream, flavored with a little Burnett's vanilla.

Frozen Eggnog

Beat until they are light the yolks of 5 eggs, and then gradually beat in 1 cupful of sugar. Add a quart of milk, 1 cup whiskey and a tablespoonful of Burnett's vanilla, and placing the mixture in a freezer, freeze it to a very soft mush. Then beat a cupful of heavy cream until it is firm, and fold it into the beaten whites of 5 eggs. Add to the mixture in the freezer and freeze until stiff.

A quarter of a cupful of sherry may be added in place of Burnett's vanilla if desired. Serve in tall glasses with a little nutmeg sprinkled over the top.

Biscuit Tortoni

¾ c. sugar
3 eggs, well beaten
¾ c. water or coffee
12 macaroons, browned
Flavoring: orange, vanilla or almond
1 pt. heavy cream, whipped

Boil the sugar with water or coffee until it spins a thread; mix with the eggs, beat until cool, add the whipped cream. Crumble half of the browned macaroons in the bottom of the mold, fill with the mixture, and sprinkle the rest of the macaroons over the top. Pack in ice and salt. Let stand 4 hours.

Fruit Sorbet

3 qts. strawberries
4 lemons
3 c. sugar
4 bananas
3 oranges
1 egg
1 c. cream

Crush strawberries and bananas, add the juice of lemons and oranges, also sugar. Then add the beaten egg and lastly the cream. Freeze.

Bisque Glace

The whites of the eggs used for this dessert can be used for a cake to serve with it.

6 egg yolks
1 c. rich milk
1 c. sugar
2 pts. cream, whipped
Burnett's vanilla

Make a syrup of the sugar and ½ cup of water, boiling it until it begins to thicken. Beat egg yolks and add milk slowly, then the syrup, which has been cooling. Place on fire and boil until thick, remove from fire and flavor with vanilla. When cold add the whipped cream and put in a mold packed in a deep granite utensil. Then pack with ice and salt as for ice cream. At intervals stir the mixture down well from the sides and beat it slightly. Keep the lid of the mold on tight.

Mint Sorbet

4 c. water
1 tb. Knox gelatin
2 tb. finely chopped fresh mint
1 c. sugar
4 tb. cold water
Juice of 4 lemons

Make syrup of sugar and water, dissolve gelatin in cold water, combine the two and add lemon juice and chopped mint. Freeze.

Strawberry Ice

1 qt. strawberries
Juice 1 orange
3 pts. water
Juice 1 lemon
¾ lb. sugar

When strawberries are ripe, they may be made the basis of a delicious dessert. Mash the berries to a smooth paste, add the rest of the ingredients, excepting the sugar, and allow to stand 3 hours, then strain the juice over the sugar, stir well and freeze.

Tutti Frutti

One pint of milk, 1 quart of cream, yolks of 5 eggs, beaten light, with 3 cups of sugar, juice and grated peel of 1 lemon, a glass of light wine, 1 pound of crystallized fruit, chopped. Heat milk almost to boiling and pour slowly over the eggs and sugar, beating all together; return to fire and boil 10 minutes. When cold, beat in the cream and half freeze, before stirring in the chopped fruit, which beat in with the lemon and wine; cover and freeze.

Frozen Marshmallows

½ lb. marshmallows
½ pt. double cream
Milk or cream to cover
Ground English walnut meats

Cut marshmallows in fourths, cover with milk or cream, preferably cream, soak 3 or 4 hours and freeze in ice cream freezer. Do not freeze solid. Whip the cream. Place frozen marshmallows in 6 dessert dishes, cover with whipped cream, and sprinkle with ground English walnut meats. Serve immediately.

Claret Punch

Juice of 6 lemons, juice of 6 oranges, 2½ cupfuls sugar melted in 1 cupful water, 1 pint claret, ⅓ teacup Jamaica rum. Water enough to make 1 gallon punch. Freeze and pack until ready to serve.

Biscuit Glace Sweet Wafers

To make the glace, beat the yolks of 8 eggs smooth; add 1 pint of heavy cream, 10 ounces of granulated sugar, 4 ounces of pulverized macaroons, and a tiny pinch of salt. Turn the mixture into a stew-pan, then stir over the fire until it thickens. Strain through a wet cloth; add a small cup of orange juice, then freeze. When of the consistency of ice cream, remove the dasher and beat in a pint of whipped cream. Serve in paper cases, dusting the top of each with powdered macaroons.

CHAPTER XXIII

BEVERAGES

Coffee

One heaping tablespoonful coffee, a little white of egg, 1 cupful boiling water. (Allow this quantity to each person.) Scald the coffee pot; add the coffee, egg, and sufficient cold water to moisten. Mix well, add the boiling water and cook 5 minutes. Then place where it will keep hot, but not cook for 15 minutes. It is then ready to serve. A pinch of salt added greatly improves it.

Tea

Take ½ teaspoonful of tea to 1 cupful boiling water. Put the tea in the pot, pour the boiling water upon it and let stand where it will keep hot for 5 minutes. Then serve.

Note—The tea pot should always be earthenware or china, since tannic acid in the tea acts upon tin, forming tin and lead salts. Tannic acid in tea is developed by boiling, consequently tea should never be boiled.

Russian Tea

Three teaspoonfuls tea, 3 cupfuls boiling water, thin slices of lemon, loaf sugar. Scald the teapot, which should be of earthenware or china. Put in the tea, and pour over the boiling water. Let stand in a warm place to infuse for 5 minutes. Serve with a slice of lemon to each cup, and sugar to taste; or add lemon juice and sugar to taste, and garnish with candied cherries.

Chocolate

One and one-half squares of chocolate, 4 teaspoonfuls sugar, dash of salt, 1 cupful boiling water, 3 cupfuls milk, ½ teaspoonful vanilla. Melt the chocolate over hot water. Add the sugar, salt and boiling water. When smooth, add the heated milk and cook 20 minutes. Then beat with Dover egg-beater and flavor.

Cocoa

One quart milk, 1 cupful boiling water, 4 tablespoonfuls prepared cocoa, 4 tablespoonfuls sugar. Scald the milk; mix

the cocoa and sugar, add enough of the hot water to form a thin paste. Add the remainder of the water and boil 1 minute. Pour into the scalded milk, and beat with an egg-beater 2 minutes. Serve in chocolate cups with whipped cream, sweetened and flavored with vanilla. Not as rich as chocolate and a desirable substitute at 5 o'clock teas.

Iced Tea

Make a strong tea of black oolong, putting in teapot with 2 whole cloves. When drawn, sweeten to taste. When ready to use, have glasses ¼ filled with crushed ice and teaspoonful lemon juice or mint leaves. Add tea till glass is ¾ full and fill with carbonated water. Fine for afternoon teas.

Iced Tea Punch

1 qt. water
3 oranges
Juice 2 lemons
Peel of oranges

Mix with ½ cup sugar and let come to a boil. Mix with equal amount of strong tea, and let cool and serve in punch bowl with slices of pineapple and oranges.

Strawberry Acid

Add 5 ounces tartaric acid to ½ gallon water, pour this over 12 pounds strawberries in large crock and let stand 2 days. Third day strain and to each pint of clear juice add ¾ pint of sugar. Stir well and bottle, cork tightly.

Grape Juice

Wash and put to boil 10 pounds of nearly ripe grapes with 3 cups of water, simmer until the seed and pulp separate, and then strain in jelly bag. Do not mash, as this will cause juice to become muddy. To each pint of juice add ¼ cupful sugar, and boil and skim. In 5 minutes put in bottles that have stood in hot water, cook and keep in cool dry place.

Blackberry Cordial

One quart blackberry juice, 1 pound sugar, mace, ginger, allspice, cloves, and cinnamon to taste; boil and skim, when cool add 1 quart of brandy or good whiskey to every gallon of juice. Bottle and seal.

Blackberry Vinegar

On 1 gallon fresh berries washed and picked, pour ½ gallon good cider vinegar, let stand 24 hours and then strain. To each pint of juice add ¾ pound sugar. Boil and skim for 30 minutes. Let cool, bottle and cork tightly. When used pour ¼ glassful juice, remainder of ice water. Very fine for convalescents.

Pineapple Lemonade

One pint water, 1 cup sugar, 1 quart ice water, 1 can grated pineapple, juice of 3 lemons. Make a syrup by boiling the sugar and water 10 minutes. Add the pineapple and lemon juice. Cool, strain, and add the ice water. Serve in lemonade glasses.

Fruit Punch

2 c. sugar
1 c. tea
1 pt. strawberry syrup
Juice 5 lemons
1 can grated pineapple
1 c. water
Ice water
1 qt. bottle Apollinaris
Juice 5 oranges
½ pt. maraschino cherries

Make a syrup by boiling the sugar and water for 10 minutes. Add the tea, fruit juices, pineapple and strawberry syrup. Let stand 30 minutes; strain, add enough ice water to make 1½ gallons of liquid, turn into a large bowl over a piece of ice, and add the cherries and Apollinaris water.

Fruit Punch

Four gallons of fruit punch will serve seventy-five people bountifully. For this quantity use the strained juice of 4½ dozen lemons and 10 oranges, 4 2-pound cans of pineapple cut into bits, 1 quart of maraschino cherries and 1 quart of grape juice. Add sufficient water to make the desired measurement, and sweeten to taste. Keep on ice until serving time, then pour over a large lump of ice in a punch-bowl, filling up as required.

Cafe Frappe

1 egg (white)
½ c. ground coffee
½ c. cold water
4 c. boiling water
1 c. sugar

Beat white of egg slightly, add cold water, and boil 1 minute; place on back of range 10 minutes; strain, add sugar, cool, and freeze to a mush, using equal parts ice and salt. Serve in frappe glasses, with whipped cream, sweetened and flavored.

Frozen Punch

½ gal. tea
1 qt. ginger ale
½ doz. lemons
1 can shredded pineapple
3 c. sugar

Scald 1 cup of tea, allowing it to stand 5 minutes. Have ready juice of 6 lemons, add to tea when cold. Add ginger ale and lastly pineapple. Stir well. Freeze and let stand well packed for 2 hours before serving. Use 2 parts finely crushed ice to 1 of salt. Serve with a cherry on top of each serving. Serves 25.

Frappe

A very good formula for frappe is as follows: To each quart of water use 1 pint of granulated sugar, 1 pint of orange juice, cool, strain and freeze to a mush. Serve in frappe glasses.

Orange Frappe

One quart water, 1 pint sugar, 1 pint orange juice, juice of 2 lemons. Make a syrup by boiling the sugar and water 20 minutes. Add the fruit juice, cool, strain and freeze. For the freezing use equal parts of rock salt and finely crushed ice.

Eggnog

(Without Brandy)

Thoroughly beat yolks and whites of fresh eggs, beating in 2 teaspoonfuls sugar in yolk, combine mixtures. Stir in juice of lemon, add chipped ice and serve. Excellent for invalids.

Eggnog

Separate 5 eggs. To the well beaten whites add pinch salt and 4 tablespoonfuls granulated sugar, 5 tablespoonfuls fine old whiskey. Add saltspoon ground nutmeg, whip pint of sweet cream and then the whites of eggs. Fold in the cream and lastly whites, lifting the spoon over and over from bottom of bowl. This will serve eight people.

CHAPTER XXIV

COCKTAILS, CANAPES AND CHEESE RELISHES

Tomato Cocktail

Select small, smooth and very choice tomatoes. Peel and chill them. When about ready to serve cut them in quarters through the stem and blossom ends, then cut these quarters into halves or thirds to make pieces of a size suitable for eating. Dispose these on crisp lettuce hearts; set on a plate around a tall stemmed glass. Rub a bowl with a clove of garlic, cut in halves; add 2 tablespoonfuls of tomato catsup, 1 tablespoonful mushroom catsup, 1 tablespoonful lemon juice, ¼ teaspoon Worcestershire sauce and 2 or 3 drops of tabasco sauce or ¼ teaspoon of paprika; mix and turn into a tall glass.

Pepper Cocktail

Select medium-sized green peppers; cut off the stem end and remove the seeds. Throw the peppers into ice water until crisp. Skin 3 tomatoes and cut them into dice, add to the diced tomato 1 teaspoonful of Worcestershire sauce, 1 teaspoonful of soy, the strained juice of ½ lemon, a pinch of celery seed. At serving time, stand the pepper in small saucers of cracked ice. Fill each half full with the tomato mixture, put on the top and serve.

Crab-Meat Cocktail

1 can crab-meat, 4 tablespoonfuls each of Worcestershire sauce, grated horse-radish, tomato catsup, tarragon vinegar and lemon juice, 2 teaspoonfuls each of salt and tabasco sauce, 1 green pepper finely chopped; chill thoroughly and serve in cocktail glasses, pepper shells or tomato cups.

Anchovy and Cheese Canapes

Make circles of toast and divide into quarters by putting riced egg, white in one and yolk in the opposite, and in the other two a relish made by mixing ½ cup of grated cheese, tablespoonful of creamed butter, ½ teaspoonful paprika, and teaspoonful anchovy paste. Over all sprinkle a French dressing made with a good deal of pepper, and put ½ pimola in the center of each circle point down.

Caviar Canapes

To prepare the canapes, mix the juice of ½ lemon with the same quantity of olive oil, then beat this mixture and ¼ box of Russian caviar to a paste of the consistency to spread. Cut rounds of bread and toast them, spread each with the paste, and arrange for serving.

Sardine Canapes

Prepare thin (¼-inch) slices of light browned toast. Trim the edges so they are uniform in size and shape. Spread with sardine butter, garnish with thin slices of stuffed olives, and bits of hard-cooked eggs.

Anchovy Canapes

Cut the toast into circles, spread with anchovy butter, prepare in same manner as sardine butter, substituting anchovies for sardines. Garnish with chopped egg, whites and yolks separate. Separate circles into fourths with strips of olives or pimentos and on each fourth, place alternating piles of yolks and whites of eggs.

Anchovy and Egg Canapes

Roll trimmings of puff paste, left after cutting out patties or a vol-au-vent, to a little less than ¼ inch in thickness and stamp out with cutter dipped in boiling water, into diamond or other shapes. Chill and bake till done. Beat ⅓ cup butter to a cream and gradually beat in enough anchovy paste to tint and flavor as desired. When the puff paste shapes are chilled, spread slightly with the paste, set a slice of hard cooked egg in the center of each and pipe paste on the edge of the crust; finish with a figure, cut from a slice of truffle or pickled beets at the center of the egg, and fine chopped truffle or beet in the open spaces. If truffle be used drop the slices of egg in French dressing before setting them in place. Serve as first course.

Sardine Butter

Remove the bones, fins and tails from the sardines, rub to a paste with a small quantity of olive oil. Season well with salt, pepper, cayenne and lemon juice.

CHEESE RELISHES

Cheese Straws

5 cts. grated cheese
2 tb. water
1 egg (yolk)
Cayenne and salt to taste

Small amount of flour. Work together and roll out, cut in strips. Set away to chill. Plait strips and bake in slow oven.

Olives and Cheese

Neufchatel cheese, cream, cayenne and salt creamed into consistency of icing. Fill paper tubes. Take the pepper stuffing out of stuffed olives, and refill with cheese. Arrange on round toast and garnish with roses of cheese.

Neufchatel Cheese Balls

Mix 1 Neufchatel cheese with a little salt and pepper and enough cold milk to soften. Divide into 10 portions and roll in finely chopped parsley. Place in the center of a platter and the crackers around. Serve with the salad.

CHAPTER XXV

CONDIMENTS

There are certain kinds of foods which have little or no value as nutrition or to sustain the body, such as is possessed by meats, and vegetables; and yet they are very important and very necessary for existence.

Chief among such foods are the condiments, salt, pepper, mustard, vinegar, spices, and the like; these have flavors which suggest pleasures in eating and therefore excite the excretion of the digestive juices. If one ate pork and boiled potatoes always, eating would be a tiresome affair, without any relish, and such a sameness of food would fail to excite the subsequent digestion merely from monotony of the affair.

Indeed, the human body craves salt and could not get along any length of time without it. While the exact value of salt in the human body is not known, a certain amount of it must be produced. The wild tribes of Africa, when away from salt deposits, consider it their most valuable possession, and will go to any length to procure it. In the old Roman civilization the salt cellar had a most dignified place on the table; and when one dined with his neighbor and ate salt, this was symbolic of undying friendship. It is well known that animals go great distances to "salt licks" for their supplies of this necessary condiment; their bodies crave it and they must have it, even though they put themselves in danger of the sportsman.

It is an old saying that hunger is a good sauce; but the condiments are by no means to be neglected, if food is to be relished. The various flavoring seeds and leaves, truffles, mushrooms and the like, even if they have no food value, render food more palatable. Every housewife should get acquainted with a variety of them.

Chowchow

One gallon green tomatoes after they are ground; ½ gallon ground onions; green peppers according to taste. Let stand in salt brine over night; squeeze the brine out thoroughly. Cover with 1 quart vinegar and 2 quarts water.

Bring to a scald. Drain this off; return to the stove, with 3 pints vinegar, 3 pounds sugar, 1 cup horse-radish, and spice to taste. Cook until thoroughly done. Seal up.

Virginia Chowchow

3 heads cabbage
½ pk. ripe tomatoes
¼ pk. green tomatoes
1½ doz. onions
1 tb. black pepper seed
1 oz. celery seed
1½ doz. red and green peppers (seed removed)
2 lbs. brown sugar
1 teacup grated horse-radish
1 oz. turmeric
1 tb. ground mustard

Chop all fine; add 1 pint of fine salt and let stand 1 hour over night; then put in a wire basket to drain, after which put in a kettle with spice; cover with vinegar and boil a few minutes.

Tomato Catsup

1 pk. tomatoes (ripe)
4 large onions, chopped fine
½ lb. salt
⅛ lb. black pepper
½ doz. cloves
2 oz. allspice
¼ oz. cayenne
1 oz. mustard
6 cloves of garlic
1 lb. brown sugar
1 qt. vinegar
6 peach leaves

Boil for about 1¾ hours, stir constantly to prevent burning; keeps indefinitely.

Cold Catsup

Two cups celery chopped fine, 1 peck ripe tomatoes chopped fine and drained in colander, 6 onions chopped fine, 3 green peppers chopped, 2 pounds brown sugar, ½ cup salt, 2 ounces white mustard seed, 3 pints vinegar. Mix all together and put in sealed jars uncooked.

Mushroom Catsup

1 pt. mushroom liquor
½ oz. peppercorns
¼ oz. allspice
¼ oz. green ginger root
¼ oz. cloves
1 blade mace
Salt

Wash and look over the mushrooms carefully; put them in an earthen jar with alternate layers of salt. Let stand for 24 hours in a comparatively warm place; put through a fruit press and add the ginger root cut into small pieces. Measure the liquor; add peppercorns and simmer for 40 minutes; then add the spices and boil for 15 minutes. Take from the fire and cool. Strain through a cloth; bottle and seal.

India Relish

½ lb. sour apples
½ lb. raisins
½ lb. brown sugar
¼ oz. cayenne pepper
2 oz. shallots
½ lb. ripe tomatoes
½ lb. salt
¼ oz. powdered ginger
2 oz. garlic
3 qts. vinegar
1 qt. lemon juice

Stone the raisins, pare, core and chop the apples fine, then add the rest of the ingredients. Mix well together; put in a closely covered jar; keep in a warm place and stir daily for a month. Strain and put away in bottles for use.

India Relish

Put 1½ cupfuls of salt on 1 peck of chopped green tomatoes and let stand over night. In the morning drain and add 1 medium cabbage, chopped fine, and boil all in 3 quarts of vinegar for ½ hour. Then add 6 onions, 3 red peppers, 2 green peppers, chopped fine, 6 cupfuls sugar, 2 tablespoonfuls celery seed, 2 of mustard seed and 1 tablespoonful stick cinnamon and whole cloves (in a bag). Cook all until the onions are perfectly soft.

Mexican Relish

Use 4 green tomatoes, 2 green peppers, 1 onion, a very small bit of horse-radish; chop the above together or grind fine. Place this in a jar and cover with boiling vinegar, to which has been added a teaspoon of salt and 2 tablespoonfuls chili powder and 1 tablespoonful mustard. The chili powder should be boiled in the vinegar for at least 10 minutes before seasoning is added. This is a delightful relish served with all meat dishes.

Corn Relish

Chop 1 head cabbage, sprinkle with salt and let stand 1 hour. Boil 12 small ears of corn and cut the corn from the cob. To the corn add 4 large onions, 1 large or 2 small red peppers, and chop all together, add chopped cabbage and cover with a dressing made of 1½ quarts vinegar, 1 tablespoonful mustard, 2 teaspoonfuls salt, 1 tablespoonful celery seed, 1 cupful sugar. Let all come to a boil; then add 1 tablespoonful flour and 1 small teaspoon turmeric mixed together. Cook a few minutes.

Jellied Cucumber Relish

Make a jelly of 1 long cucumber, 1 pint of water, ½ cupful of vinegar, 2 tablespoonfuls of sugar, ½ teaspoonful of salt, 1 slice of onion, and 1 tablespoonful of granulated gelatin. Strain into decorated molds and when stiff serve with the fish course.

Chili Sauce

1 pk. tomatoes
12 good-sized onions
8 large green peppers
6 peppers (hot)
6 c. vinegar
5 tb. salt
2 tb. cinnamon
1 tb. allspice
1 tb. pepper
1 c. sugar
Saltspoon salt

Boil until thick. Bottle and seal.

Red Pepper Sauce

100 small red peppers
50 bell red peppers
24 white onions
24 whole cloves
½ oz. allspice
1 tb. ground ginger
1 t. salt
Handful of garlic

Boil all ingredients in ½ gallon water and 1 gallon vinegar until peppers are soft enough to pass through sieve. Afterwards add 2 tablespoonfuls salt and bottle cold.

Stuffed Green Peppers

Select uniform sized green peppers. Remove seed and lay in strong salt brine 10 days. Soak in clear water 24 hours. Put in a jar and scald with vinegar and water, half and half, with a small piece of alum for 3 days in succession. Make a stuffing of 1 pound cabbage, ½ pound each horseradish, ground ginger and ground mustard; 1 ounce each of mace, cloves and cinnamon. Fill them; boil strong vinegar and put over them hot.

Sweet Peppers

Large sweet bell peppers: cut one side and take out seed and place in salt water for 24 hours. Fill with sweet chopped pickle or chowchow. Put side back by fastening with toothpick, scald in sweet spiced vinegar. Put in stone jar and cover with spiced vinegar.

Pickled Cucumbers

100 small cucumbers
1 pt. salt
Alum size of a nutmeg
Boiling water
1 tb. mustard seed
1 tb. whole allspice
1 root horse-radish
2 small red peppers
Boiling vinegar

Wash and dry the cucumbers and put them in a large stone jar; add salt and alum and cover well with boiling water. Cover the jar tightly and let stand for 24 hours; remove the cucumbers; dry them and place them in another jar in layers alternately with the spices and grated horse-radish. Have the jar about ⅔ full of cucumbers and pour over them sufficient boiling vinegar to fill the jar. When cold, cover closely and stand away.

Cucumber Pickles

To 1 gallon of good vinegar add 1 cupful of salt and 1 cupful of ground mustard. Each day add freshly picked cucumbers and stir with wooden spoon. This will be ready for use in 10 days if the cucumbers are very young.

Green Cucumber Pickles

Get small ones of uniform size. Place in stone jar. Pour boiling water to cover. Put in a large handful of salt. Let stand over night. Drain off in the morning. Pour on more boiling water and same quantity of salt. Let stand until next morning. Drain off the water; wash the pickles in clean water; dry with a towel. Put in a crock and pour on boiling cider vinegar. Then put in small horse-radish roots. These pickles will keep in a common stone jar all the winter.

Dill Pickles

Fill a quart jar with pickles about the size of a finger; between the pickles put a piece of dill, or more if desired. When the jar is filled add a level tablespoonful salt. Pour in cold water; put dill on top of pickles and seal air-tight as for canned fruit. Place the jars in the sun each day until the water gets cloudy; when the water looks clear again, the pickles are ready for use. A few whole peppers, a very little piece of bay leaf, a small piece of fresh red pepper may be added. These pickles will keep for a year, in a cool, dry place. If a 2-quart jar is used 2 level tablespoonfuls of salt are required.

Mixed Pickles

2 qts. green tomatoes
2 qts. ripe tomatoes
3 green peppers
1 large, ripe cucumber
2 bunches of celery
3 large onions
1 small cabbage

Chop all together. Cover with ½ cupful salt and let it stand over night. Drain off all liquid in the morning. Add 3 pints of vinegar, 2 pounds of brown sugar and 2 tablespoonfuls mustard. Cook for 1 hour and seal.

Spanish Pickle

One dozen cucumbers, 4 heads cabbage, 1 peck green tomatoes, 1 dozen onions, 3 ounces white mustard seeds, 1 ounce celery seed, 1 cup mustard, 2½ pounds brown sugar. Let the cucumbers stand for 3 days in lime water that will float an egg. Slice the onions and chop the cabbage and tomatoes 1 day before making, and sprinkle with salt in the proportion of ½ pint to 1 peck. When ready to make, squeeze brine out of cucumbers, wipe and cut in slices, let all simmer in a kettle ½ hour.

Piccalilli Pickles

Take 1 peck of green tomatoes, 4 peppers and 12 onions, chop fine and drain through cheesecloth. Add:

1 10-cent package of pickling spice
1 tb. ground mustard
4 c. sugar
½ c. salt

Cover with cold vinegar (about 2 quarts). Boil slowly for nearly 2 hours.

Japanese Pickles

9 lbs. Japanese plums
2 qts. vinegar
6 lbs. sugar
½ oz. ginger root
½ oz. cinnamon
½ oz. allspice
½ oz. cloves

Put spices in muslin bag, boil with vinegar and sugar, pour over plums. Repeat four mornings. Last time boil fruit.

Peach Pickle

9 lbs. fruit
1 qt. vinegar
3 lbs. sugar
1 oz. cloves
1 oz. cinnamon

Boil sugar and spice in vinegar 10 minutes. Pour over fruit and let stand 24 hours. Second morning, boil peaches in vinegar until tender and remove to jars. Let vinegar boil until syrup and pour over fruit, lay in stick cinnamon and whole cloves, seal and put away in dark closet.

Sweet Pickled Peaches

Seven pounds peaches, 3¾ pounds sugar, 1 quart vinegar, 2 ounces cloves, 2 ounces stick cinnamon; pare the peaches and stick 1 or 2 cloves in each one. Boil the sugar and vinegar and cinnamon 5 minutes, then add the rest of the spice and the peaches; when the peaches are thoroughly done take them out; boil the syrup, reducing it to nearly half, and pour over the peaches.

Sweet Tomato Pickle

Use 1 gallon of tomatoes. After they are sliced salt and drain over night in a colander. Add 1 quart of good vinegar, 1 pound of brown sugar, 1 heaping tablespoonful of all kinds of spices, and the same of mustard and 1 teaspoonful cayenne pepper. Boil until tender.

Sliced Green Tomato Pickle

6 lbs. green tomatoes, sliced
2 lbs. sliced skinned onions
12 large bell peppers, sliced
1 t. mace
1 t. each of cinnamon, cloves and allspice
4 lbs. sugar
1 tb. salt

Let tomatoes, peppers and onions stand all night in salt sprinkled in layers, next morning drain and let stand in cold water 1 hour. Put in preserving kettle and cover with vinegar, put sugar and spices in and cook until tomatoes are tender. Put in glass jars and seal.

Chopped Tomato Pickle

One peck green tomatoes, 1 dozen onions, 6 green and 3 red peppers, chop and salt down with 1 pint salt for 12 hours, then wash in cold water and drain until the salt is all out; put in a kettle with vinegar enough to cover, scald, pour

off vinegar, and add fresh vinegar with a tablespoonful each of mustard, allspice, mace, cinnamon, celery seed, ginger, horse-radish, and enough sugar to take the sharp taste off; add a quart of fresh vinegar.

Sliced Tomato Sweet Pickle

1 pk. tomatoes
6 onions
1 qt. vinegar
4 lbs. brown sugar
2 heaping tb. mixed whole spices
1 lb. turmeric

Put vinegar, sugar and spices on to boil together. When boiling point is reached, add the prepared tomatoes and onions and cook until they are tender. To prepare tomatoes and onions, slice, sprinkle with salt and let stand over night in an earthen dish or stone crock with a weight on top to aid in removing juice. In the morning, drain, scald in water to which some vinegar has been added, and drain again.

Watermelon Pickle

Ten pounds of melon rinds, 6 pounds sugar, 3 pints of vinegar, ½ ounce cloves, 1 ounce cinnamon. Make a syrup of these ingredients and pour boiling over the rinds, and let it remain until next day. Then pour it off and boil again, and again pour over the rind. Repeat for 3 days.

Watermelon Sweet Pickle

5 lbs. fruit
3 lbs. sugar
1 pt. vinegar

Boil the fruit in clear water until tender; drain, put into the vinegar and sugar. Cook until well flavored. Use all kinds of spice put in a thin cloth.

Pickled Cantaloup

Place over cantaloups enough vinegar to cover and let stand 36 hours. Measure the vinegar and to every pint allow 1 pound brown sugar. Boil the vinegar ½ hour, keeping it well covered and skimmed, then add the cantaloups and boil until done. Remove the cantaloups and fill with equal portions of crystallized fruit. Cut the fruit fine and pour sherry wine over it. Let it stand 12 hours, add cinnamon and nutmeg to taste. After filling, tie securely in cheesecloth. Place the cantaloups in a stone jar. Boil the syrup until thick and pour over them, adding stick cinnamon and spice cloves.

Cantaloup Sweet Pickle

Take nearly ripe cantaloups, slice and pare, and let stand over night in vinegar. Next morning put fruit on to boil, adding a pint of sugar to one of vinegar. Season with cinnamon and cloves and let cook 1½ hours. Take off and place in a stone jar, and for three mornings heat the vinegar and pour over the pickle.

Sweet Pickle for Corning Beef

2 gal. water, lukewarm
2 lbs. rock salt
1¼ lbs. brown sugar
1 oz. saltpeter

This is for 25 pounds of meat: mix and let stand for 24 hours, stirring frequently, so that it may be thoroughly dissolved before putting in the meat. This will keep all winter, and is not too salt for slicing and frying.

Pickled Beets and Carrots

Boil the beets until tender; remove the skins, slice while hot; cover with hot, spiced vinegar that has been well sweetened. Carrot pickles are made in the same way.

Ginger Pears

To 8 pounds of peeled and diced pears, add 8 pounds of sugar and ½ pound of candied ginger, cut fine. Boil slowly 1½ hours. Then add 4 lemons that have been cooked in water until soft and chopped fine. Boil ½ hour longer.

Apple Ginger

Boil to a syrup 3 ounces of ginger, 3 pounds of sugar, the juice and half the rind of a lemon and 1½ pints of water; take out the rind and add 3 pounds of apples—pared, cored and cut into irregular strips to imitate ginger; boil 50 or 60 minutes. They should not break and should be soft and clear.

After this, boil the syrup for 5 minutes, removing with a skimmer any scum which rises to the top. Add to the syrup the chopped lemons and the grated rind; boil for 30 minutes.

Ginger Apple Conserve

Peel, core and slice tart apples, laying the fruit in cold water as it is prepared. Weigh ¾ pound of sugar and 1 ounce

of green ginger root, for every pound of fruit. Allow 1 cup of water to every pound of sugar, make a syrup of these and cook the ginger in this for 15 minutes. The ginger may either be scraped and minced or put into a bag of fine net and laid in the syrup. Stew the apples until tender, in just enough water to cover them. Lift from the water and lay in ginger syrup and bring to a boil.

Guava Jelly

Pick over, wash and pare guavas. Slice fruit and put over to boil with just enough water to cover. Simmer until fruit is soft and seed drop from the pulp. Strain over night through jelly bag. In the morning measure and add the juice of 1 lime to each quart of juice. Boil rapidly until juice has boiled down about one-fourth, which can be told by the lowering ring on the inside of the kettle. Then add sugar, 1 cup for each cup of juice, and boil until it drops thick from the spoon and is ready to jell.

Crab Apple Jelly

Wash and quarter large crabs, but do not core. Cover to the depth of an inch or 2 with cold water. Cook to a mush. Pour into a coarse cotton bag or strainer, and when cool enough press or squeeze hard to extract juice. Allow juice to drip without forcing strain. Allow the strained juice of 4 lemons to a peck of apples and ¾ pound of sugar to each pint of juice. Boil the juice from 10 to 20 minutes; while boiling sift in the sugar slowly, stirring constantly, and boil 5 minutes longer, or until ready to jell.

Quince Jelly

This recipe will answer for crab apples, quinces or ordinary apples. Remove the cores and seeds, and without paring cut the fruit into strips; put it into a porcelain lined kettle, cover with cold water, allowing to each pound of fruit 1 quart of water. Cover the kettle; boil for 20 minutes; drain carefully from the pulp and strain through a cloth. Put the juice back in the kettle, boil hard for 15 minutes; add one half the quantity of sugar; stir until dissolved, and if you have been careful and the fruit is just right, jelly may be formed at once. Begin testing by putting a teaspoonful in a saucer and setting it on the ice, and test every few minutes

until it does jell, when it must be set off the fire at once. No definite time for boiling can be set, for so much depends upon the fruit used. If it boils too long it will be ropy or sticky. In measuring the liquid before putting it over the fire it is well to measure half the quantity of sugar at once, so that there can be no mistake.

Quince Honey

One cup of grated quince; 2 cups sugar; 2 cups hot water; Dissolve sugar in water. Add quince. Boil, and stir for 15 minutes.

Currant Jam

Pick from stems and wash thoroughly. Put into a preserving kettle, and boil 15 or 20 minutes, stirring often, and skimming off any scums that may arise. Then add sugar in the proportion of ¾ pound of sugar to 1 pound of fruit, or 1 coffee cup of sugar to 1 pint of mashed fruit. Boil 30 minutes longer, stirring almost constantly. When done, pour into glasses or jars, and seal or cover like jelly.

Rhubarb Jam

To 6 pounds rhubarb add 6 pounds of sugar and 6 lemons. Cut the rhubarb in small pieces. Slice the lemons very thin. Put the fruit in a large bowl and cover with the sugar, letting it stand for 24 hours. Boil for about ¾ hour. Do not stir more than is necessary, as its great beauty is not being broken up. Put in glasses and cover with paper.

Pear and Quince Preserves

Take pears and quinces in the proportion of two-thirds pear to one-third quince. Pare, cut in halves, core and weigh. If the fruit is hard, boil in water until tender and use water for the syrup; allow ¾ pound of sugar to each pound of fruit; boil a few moments until the sugar is thoroughly dissolved; skim, and cool until the syrup is lukewarm. Then add the fruit and boil gently until the syrup has penetrated and the fruit looks clear; some pieces will cook before the rest and must be removed first. When all are done, take out, boil down the syrup a little and pour over the fruit. Put in jars tightly covered.

Strawberry Preserves (Sun Cured)

Weigh the berries after washing them, then put in same number of pounds of sugar that you have berries. Let it set over night; next morning put the berries on the stove and let them boil 5 minutes. Then take them from the stove and set them in the sun. Put a glass over them or tie a cloth over and let them stand in the sun 1 week. Stir them carefully, occasionally. Always preserve the June crop; they are not so juicy. At the end of the week have your jars clean and dry and put the berries in cold, and seal up. Will keep fine.

Peach Preserves

Take any fine peaches; peel and remove pits. Take sugar equal in weight to fruit. Half pint water to each pound of sugar; add fruit, a small part at the time. Cook slowly 30 minutes.

Tomato Preserves

Scald and peel small, perfectly formed tomatoes, not too ripe. Prick with a needle to prevent bursting. Add an equal amount of sugar by weight. Let lie over night. Then pour off all juice into a preserving kettle, and boil until it is a thick syrup, clarifying with the white of an egg. Add tomatoes, and boil carefully until they look transparent. One lemon to a pound of fruit, sliced thin and cooked with the fruit, may be added.

Strawberry Sauce

One large tablespoonful butter beaten to a cream. Add gradually 1½ cups powdered sugar and the beaten white of 1 egg. Beat till very light; and just before serving add 1 pint of mashed strawberries.

California Marmalade

Six navel oranges, and 3 large seedless lemons, sliced very thin, and leaving out the thick top and bottom of the peel. The juice of 4 lemons squeezed over the above. Weigh, and to each pound of fruit add 3 pints of water. Let stand another 24 hours, then boil an hour. Let stand another 24 hours, then weigh water, pulp and all. To each pound add 1 pound of sugar, and boil rather fast for an hour. After

standing a few days it will turn to a quivering jelly, is not bitter, and I think you will agree to the assertion that it is the most delicate and delicious orange marmalade you ever tasted. It will not jelly perfectly if made too late in the season, when the oranges are at their sweetest.

Lemon Marmalade

To each pound of lemons allow 1¼ pounds sugar. Peel half of the lemons and grate the rind from the others; chop the fruit, removing the seeds before doing this. Press out all the juice you can in a vegetable-press and put it with the sugar. Set over the fire, stirring until the sugar is dissolved.

Orange Marmalade

Five oranges (sour) and 1 lemon, slice thin and remove all seeds. Weigh and to each pound of fruit add 3 pints of water. Let stand 24 hours and then boil for 45 minutes. Remove from the fire and let stand 12 hours. Weigh and to each pound add 1½ pounds sugar. Then boil 45 minutes. Then put in glasses.

Tutti Frutti

One pint best alcohol, and 5 cents worth salicylic acid. Put in 2-gallon jar, stone a quart of cherries, and add from time to time any fresh fruit during the season, red and black raspberries or fine peaches, stir well frequently. This is a fine addition to puddings, custards and creams.

CHAPTER XXVI

CANDIES

Fondant

2 lbs. granulated sugar ¼ t. cream of tartar (scant)
1 pt. water

Place sugar and water in a kettle over a slow fire until it almost reaches the boiling point; then, with a wet cloth, wash down the sides of the kettle to remove all sugar crystals. Add the cream of tartar, dissolved in a little water, and boil until the syrup will form a soft ball in ice-water, or to be more accurate, use a candy thermometer and cook to 238° Fahrenheit. Never stir after it reaches the boiling point, and avoid shaking the kettle, as sugar grains very easily. Pour the syrup onto a marble or slate slab, or a large platter that has been placed in a level position, where it can remain until cold. Pour slowly, retaining the last bit of syrup in the kettle, as a few drops might cause the whole to crystallize. Moistening the slab and sprinkling the top of the syrup with water will help it to cool more quickly. When cold, stir with a paddle or wooden spoon until white and creamy. In about 10 minutes it will form a stiff mass. When you find it beginning to set, place immediately in a bowl, and cover with oil paper. Set aside for 24 hours, and it will be in splendid condition for use.

Bonbons

Save about two-thirds of the fondant for coating and use the remainder for centers. These can be made by mixing the cream with jams of different flavors, chopped nuts, raisins, figs, dates, etc. It will only be necessary to give directions for making one kind, as others may be made in the same way. Chocolate coating is similar to bonbon coating, if you use a dipping-fork, but the majority of fine candies are hand dipped. Use any good confectioners' bitter coating chocolate. The ordinary sweet chocolate will not do. Melt slowly in a double boiler, removing from the fire when partly melted, as care must be taken not to get the chocolate too hot.

Pralines

2 lbs. brown sugar
1 c. sweet cream or milk
1 lb. nuts (pecans preferable)
2 tb. butter

Boil until it is a soft ball, flavor with vanilla, beat until creamy, drop on marble.

Mints

2 c. good pulverized or granulated sugar
1 c. boiling water
⅛ t. cream tartar

Boil until it spins a thread—have oiled dish and pour out to cool. Add 4 drops peppermint oil, when it begins to set, beat well and when a white, creamy mixture put on marble and knead well, put in double boiler and if necessary add teaspoon hot water. Use white first by dropping by spoonful on marble, then if desired, color remainder any color desired.

Cream Candy

5 c. white sugar
1 c. boiling water
1 c. sweet cream
1 t. vanilla extract

First dissolve the sugar in the boiling water very thoroughly, using a whipping motion, until there is no trace whatever of the grain of the sugar. Do not stir after placing on the fire. Cook. When tried in cold water, it will form a soft ball. Then add the cream, and cook until it will form a hard ball when tested in the same way. Add the extract just after removing from the fire. Pour into buttered plates, and when cool pull. Cut into pieces of desired length. This candy should be set aside for about 24 hours, as in that length of time it becomes flaky and will simply melt when put into the mouth. If a larger amount of the candy is desired double proportions may be used with equal success.

Kisses

2 c. brown sugar
1 tb. vinegar
1 t. vanilla extract
½ c. water
White of 1 egg
1 c. chopped nut meats

The sugar, water and vinegar should be boiled together until the mixture threads when dropped from a spoon. Beat up the white of egg and pour mixture into it, beating all the time. When rather stiff add the vanilla extract and the nut meats. Drop from a spoon on waxed paper.

Fig Fudge

¼ lb. chopped figs
2 c. granulated sugar
¼ t. ground ginger
1 c. cold water
A few grains salt
1 tb. butter

Let the ingredients boil together, stirring frequently to prevent burning, for about 5 minutes, or until the mixture is quite thick. Remove from the fire and beat the fudge until it begins to turn creamy and stiff. Pour into a buttered pan; when cold mark into squares, and eat.

Old-Fashioned Caramels

3 c. granulated sugar
¼ lb. chocolate
1 c. butter
1 c. golden syrup
1 t. vanilla extract
1 c. milk

Boil all these ingredients together, stirring frequently. Test with ice-cold water; if it hardens pour into a buttered tin. When cool cut into squares and wrap each caramel in paraffin paper.

Nut Candy

2 c. white sugar
½ c. water
A pinch of cream of tartar
A few chopped nut meats
A few drops of almond extract
Green coloring
Red coloring

Put the sugar, water and cream of tartar into a granite saucepan and stir well. Then place on the fire but do not stir. Let the mixture boil until it blows a bubble. Then pour it out in equal quantities into three deep plates. Into each plate pour a few drops of almond extract. Into the first plate pour a few drops of red coloring, and a few drops of green coloring into the second. Leave the third plate as it is. Allow to stand for 5 minutes, then drop a few chopped nut meats into each plate. Stir each plateful until cool enough to knead. Then knead until creamy, and lay it on oiled paper in a long, even loaf, about 2 inches wide. Place the white layer between the colored layers. Let the candy cool, and then slice it.

Coconut Drops

1 large coconut, grated
½ tumblerful coconut milk
1½ lbs. white sugar

The sugar and coconut milk should be put on to boil. When it spins a thread add the grated coconut and boil quickly for

10 minutes. Stir frequently with a wooden spoon to keep from sticking. Remove from the fire, beat well, and drop in small pieces onto a wet wooden board.

Peanut Candy

2 c. roasted peanuts
2 c. granulated sugar
2 tb. grated chocolate
2 t. vanilla extract
¼ c. water

Boil the sugar, chocolate and water until it threads from a spoon. Then add the vanilla and the nuts. The nuts should be roasted and well broken, and added to the candy while warm. Stir constantly after adding the flavoring, and pour into buttered plates.

Marshmallow Fudge

½ lb. marshmallows
2 c. brown sugar
1 c. powdered sugar
2 oz. chocolate
1 c. water
Pinch of cream tartar

Cook all the ingredients to the soft ball stage, that is, when a little is dropped into cold water a soft ball is formed. Remove from the fire. Add the marshmallows torn into pieces, and beat until it stiffens. Pour into buttered pans and mark into neat squares.

Honey Drops

1 tb. strained honey
½ c. boiling water
1 c. granulated sugar
½ t. almond extract
White of 1 egg
1 heaping t. butter
Almonds or pecans, as desired

Sugar, honey and butter should be put into boiling water and stirred until dissolved. Then cook slowly until the syrup threads. Add the almond extract and pour the syrup onto the beaten white of egg. Beat until cool, then drop onto wax paper. Decorate with nuts if liked. These drops should be soft and creamy and white.

Walnut Candy

2 c. granulated sugar
½ c. boiling water
½ c. corn syrup
1 c. chopped English walnuts
Whites of 2 eggs
1 t. vanilla extract

Boil together the sugar, water and syrup until the mixture becomes crisp when dropped into cold water. Beat up the

whites of eggs until stiff, then add the vanilla extract and the nuts. Pour the boiling syrup over all, and beat until very stiff. Turn into a bread-pan, and when the loaf is cold cut it into slices or squares.

Fruit Squares (Fresno)

3 tb. butter
3 tb. molasses
3 squares chocolate
1½ c. granulated sugar
½ c. broken walnut meats
½ c. sultana raisins
1 t. vanilla extract
½ c. milk

Put the butter into a saucepan, add the molasses, chocolate, sugar and milk, and boil until it forms soft ball when tried in cold water. Stir while boiling. When done add the vanilla, walnut meats and raisins. Beat till creamy and stiff enough to pour into a buttered pan. Cut in squares when cool.

Cream Dates

Remove the stones from the dates, without entirely separating them. Take a tiny piece of fondant, form it into a little roll, place it in the space from which the seed was taken, press the halves together so that only a small quantity of the candy can be seen, roll the dates in granulated sugar and place them on dishes to harden. The fondant used for this should be flavored with vanilla.

Cream Walnuts

Crack English walnuts very carefully, removing the shells and leaving the kernels as perfect as possible. Put ½ pound of fondant in a small saucepan, stand it in a basin of boiling water, add a teaspoonful of vanilla extract, stir until creamy, take from the fire. Put a walnut on a greased fork, dip it down into the fondant, lift it carefully, place it on wax paper to harden and so continue until all are finished. All kinds of fondant flavorings and colorings may be used for walnuts. Chocolate is especially good.

Chocolate Creams

Take ½ pound of unsweetened chocolate and melt in a double boiler. Mold small pieces of fondant into little balls and with a fork dip them into the chocolate one at a time. Place them on a buttered dish to cool.

French Nougat

Shell and blanch ¼ pound of almonds; put them into the oven until thoroughly dry, not brown. Oil shallow baking pan, sprinkle the bottom with almonds and over this add equal quantity of pecan meats, and a few English walnuts; the layer of the nuts should be at least ½ inch thick. Put 2 cups granulated sugar in a saucepan and stir constantly over a strong fire until it melts. Pour this slowly over the nuts. When this is slightly cool, cut with a sharp knife into bars. Fruit Nougat is made exactly the same way, using fruit with nuts.

Peanut Brittle

Use equal quantities of granulated sugar and chopped peanuts. Melt the sugar in a shallow pan. When it becomes a golden brown syrup add the chopped nuts, put on bottom of an inverted tin pan and press into shape with two knives, crease it and put it away to harden.

Coconut Bar

4 c. sugar
1 c. water
½ grated coconut
1 t. flavoring
½ t. cream tartar

Heat the first three ingredients, stirring until the sugar is dissolved. Cook without stirring until it forms a soft ball. When tried in cold water remove from the fire and cool.

Beat until it thickens, adding coconut and flavoring. Pour into buttered pans. Cool slightly and cut into bars.

Sea Foam (Candy)

2 c. light brown sugar
½ c. water

Boil until it spins thread. Take from the fire and flavor with vanilla. Pour slowly over stiffly beaten white of egg, and add chopped fruit and nuts. Drop on marble and wrap in oiled paper.

Panocha

3 c. brown sugar
1 c. white sugar
1 c. cream

Cook until it forms a soft ball, in cold water; add 1 tablespoonful butter and 1 teaspoonful vanilla and 1½ cupfuls pecan meats. Beat until creamy, pour into a greased pan and cut in squares.

Panocha

1 lb. brown sugar
2 lbs. English walnuts, broken
1 c. milk
Butter half the size of an egg
1 t. vanilla

Mix ingredients and boil until syrup threads from a spoon. Remove from stove, add nuts and vanilla, beat until it creams, pour into buttered pans and cut in squares.

Peanut Brittle

Shell and chop roasted nuts to measure 1 pint. Put 2 pounds granulated sugar in a clean frying pan. Stir over a slow fire. It will lump, then gradually melt. When pale coffee color and clear, add nuts and pour quickly on a buttered tin sheet. Roll thin as possible. When cold, break up.

Buttermilk Fudge

2 c. granulated sugar
3 squares bitter chocolate
¾ c. buttermilk (or sour milk)
⅛ t. cream tartar
3 tb. butter or crisco
1 t. salt
1 t. vanilla
12 marshmallows

Stir well the sugar, chocolate and milk. Let it come slowly to a boil, keeping saucepan well covered until it boils. Add cream tartar and salt. When it forms a soft ball in water, add the butter and marshmallows, remove from the range and beat well until creamy, add vanilla, beat a few minutes and pour into well oiled pans. Mark off in squares.

Fudge

2 c. granulated sugar
1 tb. butter
4 oz. chocolate
½ c. milk

Put into a saucepan over the fire until thoroughly melted. Boil, stirring constantly until the mixture hardens when dropped into cold water; take from the fire, add teaspoonful vanilla and turn quickly out to cool. When cold cut into squares.

Raisin Fudge

2 c. granulated sugar
1 c. milk
1 tb. butter
½ c. chocolate

Boil, stirring continually until bubbles break slowly. Have ready ½ pound of walnuts chopped fine and 1 pound chopped raisins. Add these and stir until stiff; then pour into buttered pans. Mark into squares when sufficiently cool.

Divinity Fudge

2½ c. sugar
½ c. corn syrup
½ c. water
Whites 2 eggs
1 c. broken walnuts

Mix sugar, syrup and water, and boil until when dropped in cold water the mixture will form a firm ball between the fingers. Beat the eggs stiff. Pour half the boiling mixture over the eggs, beating constantly. Return the remaining half of the mixture to the stove and boil until when dropped in cold water it forms a hard ball. Then remove from the stove and pour slowly into the first half, beating constantly. Add walnuts and vanilla, pour into a buttered pan, and cut in squares.

Peanut Butter Fudge

2 c. sugar
1 c. milk
2 heaping tb. peanut butter

Mix the ingredients and place over a flame. When it begins to boil vigorously, cook 5 minutes. Beat, pour into a buttered pan, and cut in squares.

Cream Caramels

¼ lb. chocolate
½ pt. cream
1 pt. granulated sugar

Put into a saucepan, and stir until it boils; then stir constantly until the mixture forms a soft ball when dropped in cold water; begin to test after the first 10 minutes. Pour into greased pans and cut into squares.

Caramels

Use 2 cupfuls sugar; 2 tablespoonfuls of butter; cream enough to melt the sugar. While this is cooking, brown 1 cupful of sugar, stirring constantly to keep from burning. Pour the two together and pour on a buttered plate. Cut when cold in squares.

Philadelphia Caramels

Melt 4 tablespoonfuls butter. Add 1 cupful molasses, 1 cupful brown sugar, and ⅓ cup of milk. Stir until mixed, bring to the boiling point, add 4 squares of chocolate. Boil until a firm ball is formed when dropped in cold water. Add 1 teaspoonful vanilla and 1 cupful of nuts. Turn into buttered pan and cut in cubes when cool.

Pecan Pralines

1⅞ c. powdered sugar
1 c. maple sugar
½ c. thin cream

Boil till it hardens in water; add 1 cupful pecans, beat well, drop from a spoon in oblong piles on buttered paper.

Cream Drops

2 c. brown sugar
½ c. corn syrup
1 c. white sugar
1 c. cream

After it boils add 1 dessertspoonful of vinegar. Cook until it forms a soft ball when dropped in cold water. Whip until creamy and add 2 cups nuts.

Divinity

⅔ c. of water
3 c. granulated sugar
1 c. corn syrup

Put these into a saucepan; let cook until the mixture will make a soft ball when tested in cold water. Twenty minutes after the first saucepan has been started, into a second one put ½ cup water and 1 cup granulated sugar and set to cook. When this mixture "threads" when dropped from a spoon, it is done. This will be very nearly same time as when first is in proper condition. When the first is ready, the mixture should be poured slowly over the whites of 3 eggs, whisked to a stiff froth, beating briskly the while. When it has reached a satisfactory stage, turn in slowly the contents of the second saucepan, still beating constantly, and stir in a cup of nut meats. Turn the mass out in a buttered tin and score in squares when sufficiently cool.

Marshmallows

Take 16 tablespoonfuls water, 4 cupfuls sugar; boil until it makes a soft ball in cold water, 1 box Knox gelatin; let soak while other is boiling. Pour hot syrup over gelatin and beat this thin mixture until very thick and white. Pour into a powdered mold and stand 3 hours. Let stand until cool. Turn out on paper covered with cornstarch. Any flavoring or color desired may be used.

Ice Cream Candy

3 c. sugar
¼ t. cream tartar
½ c. hot water
½ tb. vinegar

Boil ingredients together, without stirring, until mixture becomes brittle when tried in cold water. Turn on buttered plates. As edges cool, fold them toward the center. When sufficiently cool to handle, pull until white and glossy. While pulling flavor with vanilla, orange, chocolate or any preferred flavoring. Cut with scissors or a sharp knife.

Molasses Candy

2 c. molasses
1 c. sugar
1 tb. vinegar
Butter size of a walnut

Boil ingredients together until the mixture will become brittle when dropped in cold water. Remove from the fire, stir in ⅓ teaspoon baking soda, cool in a buttered pan sufficiently to pull. Pull and cut, using scissors or a sharp knife.

Butter-Scotch

2 c. sugar
2 tb. water
Butter size of an egg

Mix the ingredients and boil, without stirring, until it hardens when dropped in cold water. Pour into a buttered shallow pan and crease in squares.

Chocolate Popcorn

2 c. white sugar
½ c. cornstarch
2 oz. chocolate
1 c. water

Put these ingredients into a kettle and cook them until the syrup hardens, when put in cold water. Pour over 4 quarts of crisp, freshly popped corn and stir well to insure the uniform coating of the kernels.

Sugared Popcorn

Make a syrup by boiling together 2 cups granulated sugar and 1 cup water. Boil until the syrup strings from the spoon or hardens when dropped into cold water. Pour over 6 quarts of freshly popped corn and stir well.

Popcorn Balls

1 pt. corn syrup 1 pt. sugar
1 t. vinegar

Cook till the syrup hardens when dropped into cold water. Remove to the back of the stove and add ½ teaspoonful soda dissolved in 1 tablespoonful of hot water and then pour the hot syrup over 2 quarts of freshly popped corn, stirring till each kernel is well coated, when it can be molded into balls or into any desired form.

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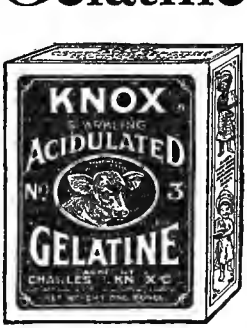

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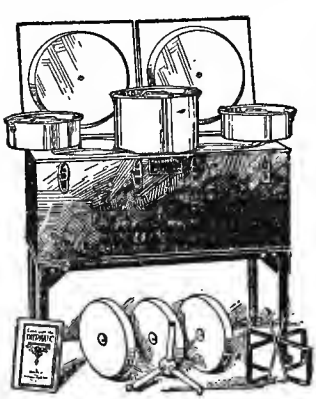

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